



Harmony

SUMMER 2024



Helping young people reach their potential

WELCOME....

**to the first edition of the
Harmony newsletter!**

This comes as perfect timing as we are celebrating our 10 year anniversary. Really?! Gosh where has the time gone? A big thanks to everyone who has helped and supported Sarah and I through those years. We are so proud of what Harmony has become and the safe place that it provides for so many young people. We are so lucky to be part of such a great extended family.

Sarah and Victoria

SUMMER MESSAGE FROM LOKI, TILLY AND BETSY

**We'd like to wish you all a very happy
and peaceful summer holidays.
We'll see you in September!**



**Wonderful cake made by our lovely Liz:
thank you so much!**

IMPORTANT DATES:

**19TH JULY - END OF TERM BBQ AT 12PM
22ND-26TH JULY - HOLIDAY CLUB
5TH SEPT - START OF TERM**

PARENTAL SUPPORT

Many parents ask us for support with EHCPs, applications for school placements, annual reviews & have questions about navigating the SEND system. Our SENDCo is fully qualified & is an experienced specialist teacher alongside having had personal experience of Harmony as a parent, when her son attended a few years ago. She is able to offer support to parents on a consultancy basis & if she doesn't know the answer herself, she knows someone who will! Contact us if we can help!

sianm@harmonycbc.co.uk

PRIMARY

Last half term Primary learned about the causes of WW2 and Sarah and Louisa helped us to find out how the lives of the British people were affected through some really great stories like 'Carrie's War' and 'The Lion and the Unicorn'. We made model Anderson Shelters and created the skyline of London during the Blitz. On the last day we visited the Air Raid Shelter

Café in High Wycombe & were able to experience a life size air raid shelter, as well as coming up close to other artefacts from WW2.



In our cooking sessions, Primary enjoyed trying out recipes that were used during rationing in World War 2. We found that lots of vegetables grown in this country were used and that we could only use tiny amounts of food such as butter and eggs. We also measured in pounds and ounces which felt very strange to us! We especially enjoyed the rock cakes and the carrot cookies were surprisingly tasty!



Now the weather is (hopefully!) nicer, we are looking forward to making some delicious salads & using seasonal fruit and vegetables, such as strawberries & tomatoes, to create some tasty treats.

PRIMARY FOREST SCHOOL

We pack up the bus and spend the whole day in the woods. Our favourite site is what we call 'The Crater'.



Forest School is a time we love.

The day comprises of games, bush craft and of course toasting a marshmallow. If we're lucky, there might be a choccie Hobnob to make a s'more from. We have learnt a lot about the trees and wild flowers since Spring has sprung. The sun makes us happy but we are also prepared for the rain.



PRIMARY SOCIAL SKILLS

Breaktimes are a great time to build social skills. We use structured playtimes, with adult led activities to encourage turn taking, sharing and positive language. In Tuesday Group, we have breakfast together and share our news to encourage conversation skills and table manners while also encouraging some independent skills like buttering toast. On Life Skills Wednesday we roleplay real life situations like going to the supermarket or eating out in a restaurant to encourage positive interactions when out in the wider community as well as building confidence in social situations.



HARMONY
'Helping young people reach their potential'

HOLIDAY CLUB

Monday 22nd - Friday 26th July 2024
10am - 1.00pm
£30 per person per day

Open to Youths aged 11-18 (Secondary)
Open to neurodivergent young people
(including existing and former students)

For more information and to book a place, please email
@sianm@harmonycbc.co.uk
www.harmonyae.co.uk

Harmony Alternative Education Centre, Cookham
*** The Holiday Club will be run by highly trained Neurodivergent adults ***



In The Nest we have our own disco light, fairy lights and music to create a calm environment. The children have access to a range of different resources such as therapy putty, playdough, sand, water and Orbeez. Pupils can use the trampoline in the front garden as well as cook up a storm in the mud kitchen! We also have weighted blankets as well as soft blankets and cushions in our calm corner to support our children when they feel dysregulated. Primary also have regular visitors from the guinea pigs who enjoy strokes and cuddles in The Nest as well as the odd story too..!

SECONDARY MATHS

The Functional Skills qualification gives students the chance to learn and be assessed in maths skills related to everyday life. We usually begin with a starter activity that may be a problem-solving task or similar fun activity. We explore different methods of answering questions to help the students find a method that works best for them. At times we use practical, hands-on resources to help it all make a bit more sense.

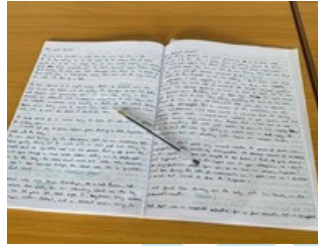
This term Anna and Faye passed their qualification – a huge well done for their hard work and determination.



**Good luck & love to our leavers -
we will miss you!**

ENGLISH GCSE

In preparation for exams our students have been rigorously practicing exam technique through completing past papers and mastering some secret 'hacks'; this familiarity and routine helps to build their confidence. Some utterly spectacular creative writing from L (someone to watch out for in the future I think) and huge improvement from D who described sunbathers using the wonderful metaphor 'a line of prawns'. Brilliant!



SECONDARY SOCIAL SKILLS

Since starting at Harmony last September I have been a huge proponent of developing our students Social Skills through a variety of games, conversations and offsite activities. Why is developing social skills so important, not just for our students, but all young people?

Social Skills have been found to relate to other important domains of development, such as mental health, and academic achievement. Socially skilled children often have more positive attitudes toward school, adjust more smoothly to the student role, and have better grades than their less socially skilled peers.

Victoria, being the smart boss she is, provided me with an afternoon slot to provide a purely social offering to begin a student's reintegration back in to education in a safe and controlled environment.

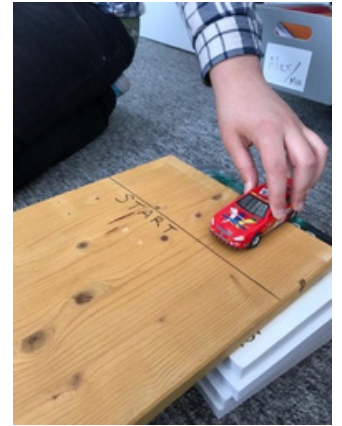
Within the past year we have had several non school attenders now join us at Harmony for their daily sessions, we have helped anxious young people transition to their full time education provider and have started to complete Outreach work for those that are currently unable to leave their home.

If you'd like to know more about our Social Skills offering, drop me a message:

Russell Besta at russb@harmonycbc.co.uk

KS3 SCIENCE

As part of our KS3 topic on Forces the students have carried out a number of practical investigations. This has included looking at balanced and unbalanced forces, how to calculate density, practical work on sinking and floating, and an investigation: Does the slope of a ramp affect the speed of a toy car?



COOKING & LIFE SKILLS NEWS

This term our theme has been picnic and summer foods.

We've been enjoying cooking things like scones, pasties, quiches, cookies, and tropical fruit salad.

Our life skills group on a Friday has been working towards a series of unit awards where they have been learning more about the ingredients that go into a recipe, what quantities we need to shop for, planning what equipment they need to make it and about health and safety in the kitchen. For our latest unit awards which is all about healthy sweets and desserts the group have also had to create their own dessert which they have called crunchy, chocolate dipped apple slices. This is a delicious sounding combination of apple rings, dipped in plain chocolate, peanut butter drizzled onto the chocolate, topped with crushed salted peanuts – yummy....

We're also looking forward to cooking up some tasty treats for our end of term BBQ.