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Headteacher: Mrs Rozanne Parsons

BA(Hons), MEd, NPQH

Easter Newsletter – March 2024

As we near the end of the Spring term, I wanted to thank the students especially for their hard work and their involvement in the school. There has been an increased representation from students in our school council, anti-bullying reps and attendance focus group which all show how the students are getting involved with the smooth running of school and having their voices heard.

Students have been involved in careers and apprenticeships trips going to the BIC for the BCP annual event as well as to Bournemouth University. It has been good to see the students continue to work alongside AFCB with their workshops as well as taking part in the youth mental health week where they decorated cookies.

As a result of the raffle that took place at the end of the winter term, the school council ordered a variety of sensory items including a sensory tent. The students have taken responsibility for putting it up and taking it down, as well as making up their own list of rules that they agreed on.

We have already had many successes with our students who have completed maths and English GCSEs and Functional Skills exams this year. We are gearing up to support the students taking exams in the summer term. In order to support our students taking exams we will have to re-room some of the lessons of other students. We have been very impressed with the level of support students have offered their peers taking exams already this year, it really shows the care and compassion that our school holds at the core of what we aim to do.

I hope you will enjoy reading the following information from staff in the Trust and would like to thank you for your ongoing support this term.

Have a restful break,

Roz Parsons

Term ends on Thursday 28th March 12:10.

We look forward to seeing everyone back on Monday the 15th of April!

Exams information

The summer exams will be starting in early May. All students will be bringing home their personal timetable before the Easter break, with their allocated rooms. If your child has access arrangements (i.e. scribe, reader, prompt, rest breaks) staff have been assigned to cover these and your child will be informed on the day of the exam. We are choosing not to share this information ahead of time in case of staff absences and your child then having to deal with a last-minute change.

They will also be given a copy of the JCQ document 'Information for Candidates'. It is very important that the students all read and understand this document before the exams start.

We will be providing all necessary equipment for the exams, calculators, dictionaries etc. Students do not need to bring anything, but they are welcome to bring water for the exams if they wish. All bottles must be clear, with any labels removed.

Kath Mellis

Exams Officer

Mental health support

I have been getting to know some of the young people in the school who have been working with me. Students referred to me will have the following offers:

Drop-in sessions (as and when needed), weekly 1:1 session focusing on their individual needs for example anxiety, low mood, self-esteem, counselling, and peer support.

Please contact Vicki if you feel that your child would benefit from seeing me.

Emma Adlem

Mental Health Nurse

Pastoral Support in School

Our Pastoral team in school are working hard to provide a supportive pathway for all students and their families. We have been focusing on mental health this month and as part of this we have attached a range of helpful apps for parents and support that children can access locally.

If you are concerned about your child or would like them to have further support at school through either our school counsellor, mental health nurse or regular check-ins with our pastoral lead. Please contact Vicki at vwallis@crlt.org.uk.

We are also here to support you as a family and can offer support and signposting to services as required.

Vicki Wallis

Life Skills, Personal Development and Pastoral Lead

Life lessons

The KS4 students did a brilliant job creating and cooking a three-course menu for the whole school to enjoy. The students used a variety of skills to make the food. It was a great opportunity to have the students eating around a table together and talking about the meal that they had made. We discussed budgeting and looked at the cost of making the food for the group. We were all very impressed with the way that they approached the task.

Briony Dore

English and Life Teacher



Heart dissection

Fascination was in the air in our school hall in March when the students had the chance to dissect a sheep's heart individually after watching Helena demo first.

They loved squeezing the outside of the hearts, locating the coronary arteries and then opening them up with scissors to investigate the atria, ventricles and valves inside. Our heart strings were pulled (!) when some of the students who at first didn't want to come near, plucked up the courage to dissect one of their own. We were very proud of them all for tackling the task with such courage and enthusiasm.



Science trip to Twynham laboratory

The year 10 and year 11 students had a fantastic opportunity at Twynham school to take part in a Biology and Chemistry practical day in February.

They were very excited and all showed themselves to be budding scientists, in both their maturity at taking on the tasks and their scientific practical ability when using boiling tubes, water baths and Bunsen burners. After a safety briefing, they kick-started the day taking samples of food and testing them for the presence of starch, protein and carbohydrates.



Next, they learnt how to safely light a Bunsen burner and made some blue copper sulfate crystals after following a series of steps involving mixing, filtering, evaporating and crystallizing. Finally, some of the students were able to electrolyse a number of solutions using specialist equipment to show which elements were present and how to produce metals for many of the products we use today. Well done to all the students who made brave attempts to get stuck in and to understand the experiments!



Helena Teverson

Science Teacher

Dates for your diary

Monday 15 th April	Summer term starts at 9am
Monday 15 th April	Science Day for Year 11 at Twynham
Monday 29 th April	Careers advisor in school
Tuesday 7 th May – Wednesday 26 th June	Exam Period
Monday 27 th – Friday 31 st May	Half Term Break
Wednesday 19 th June	RNLI Trip
Week beginning 8 th July	Year 10 Work Experience
Friday 19 th July at 12:10pm	End of term

Local Mental Health Support



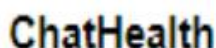
Steps2 Wellbeing is a free NHS talking therapies service for adults over 18 years old in Dorset or Southampton. Referrals can be made for self or others, online or over the phone.

W. www.steps2wellbeing.co.uk
T. 0800 484 0500



The Listening Ear Counselling for children and young people aged 5-19 across the BCP area.

T. 01202 980770 / 075441 65928
E. info@thelisteningear.org
W. the-listening-ear.org



A secure and confidential text messaging service for young people aged 11-19 living in Dorset. Guidance on a range of topics is provided by Dorset Healthcare's School Nursing Team

Text—07480635511



Connection

A round the clock helpline for people of all ages anywhere in Dorset who are experiencing mental health problems and need support.

T. 0800 652 0190



The Retreat

A safe place to discuss your problems and access peer support.

The Bournemouth Retreat is open from 4.30-11.30pm every day

Dorchester's Retreat is open from 4.30-11.30pm Saturday-Wednesday for face-to-face drop-ins.



Community Front Rooms

These are open to anyone over 18 who needs face to face support. Staffed by mental health professionals and peer specialists.

Bridport, Wareham and Shaftesbury are open Thursday—Sunday from 2.15—9.45pm and Weymouth is open Monday—Sunday 2.15—9.45pm



ParentLine is a confidential text messaging service providing parents and carers of 5-19 years olds in Dorset a way to seek advice from School's nursing team about their child's health and development via text. Advice can be given on a range of topics including mental health, bullying and school refusing

Text—07312263131



A local counselling service that offers donation-based community counselling for those on a low income.

T. 01202 859354
W. www.redlandscounselling.co.uk



Dorset Mind is the local offer from the nationwide organisation who offer resources, groups and 1:1 for adults and additional resources, groups and individual sessions for young people aged 11-25. Contact via messaging system on their website

W. www.dorsetmind.uk



Kooth is a free, safe and anonymous place from young people to find online support and counselling. The site is moderated and young people can access articles and keep a journal of their wellbeing.

W. www.kooth.com



Home start have a range of local centres across Dorset offering support to parents. Including support groups, individual support and mental health support. Find contact details of your local Home Start centre on their website

W. www.home-start.org.uk



UP offers a service for young people in BCP covering a variety of challenges including mental health

T. 07880 480602
W. www.upinbcp.co.uk
E. UPinBCP@bcpcouncil.gov.uk

Apps for parents



CBT Companion engage in meditation, feel supported by the community, learn and complete cognitive behavioural therapy based tasks to support low mood, anxiety or depression.



CatchIt helps you turn negative thoughts into more realistic ones and improve your mental wellbeing. Use the app every day, or as much as you need.



Mood Move Low mood and depression support app – engage, initiate and activate your mood.



Calm Harm Support urges to self-harm using strategies such as 'the 5 minute rule' and 'the 15 minute rule.' Use activities to help reduce the urge to self-harm.



DBT Coach use affirmations, reminders, diary check-ins, gratitudes, reflections, meditation and breathing exercises. Learn about sleep hygiene and nutrition.



InnerHour Track mood, build confidence, fight loneliness, practise deep breathing, visualisations and guided imagery exercises to support depression available.



21 Days. Create affirmations, step outside your comfort zone, daily journaling, routine tracker, positive mindset, optimism challenge and many other exercises to support and maintain mental wellness.



#StayAlive The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.



Parent List Juggling family, work and relationships can be overwhelming, so we've developed a whole platform to help you manage the mental load of parenting with more ease.



Bright Sky is a free to download, confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.



Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.



Mood Tools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.