

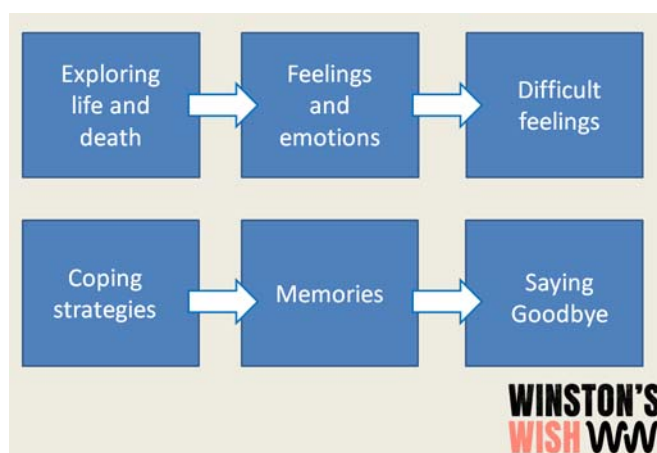
## **Headteacher's Newsletter – March 2023**

### **Adrian**

This half term has not been easy for our community. It was the beginning of a tough journey together and I am so proud of how the community has supported and continues to support one another through this difficult time. Community is one of Rhodes Avenue's school values and the sense of community felt this half term has been felt and appreciated by all whilst we all process our united loss. Thank you on behalf of the children and staff for helping one another. I know Adrian would have been proud of the unity of our community.


The school accessed the support of a trauma psychotherapist as soon as we heard about Adrian's death. The co-chairs of governors and I have worked with the psychotherapist on a whole school plan for the next few weeks and months. The co-chairs will shortly be gathering views regarding arrangements for a memorial for Adrian. One of the recommendations agreed with the psychotherapist is to communicate with parents about some of the activities/experiences children participated in on returning to school following Adrian's death.

When children returned to school this half term all classes increased the number of 'Ourselves and Others' sessions in school. Ourselves and Others sessions normally take place on a Thursday morning across the whole school and covers aspects of our PSED (Personal, Social and Emotional Development), PSHE (Personal, Social, Health and Economic Education) and RSHE (Relationships, Sex and Health Education). This term all classes in school increased the frequency of sessions in order to follow (at an age-appropriate level) the scaffold below recommended by the charity Winston's Wish.



<https://www.winstonswish.org/>

Here are some of the many experiences children have participated in over this half term.

| <b>Daffodils</b>  | <b>Finding Nemo</b>  |
|---|--|
| Hedgehog children painted daffodils to remember Adrian. Adrian loved flowers. | One of Adrian's favourite films was Finding Nemo. Woodpecker children watched the film and produced a display.<br> |

### Zones of regulation

Reception children explored zones of regulation. This is an approach used to support the development of self-regulation in children. It is an approach we already used in school but children across the school revisited this approach and used it to communicate how they were feeling.



### The Colour Monster

'The Colour Monster' story and the associated coloured monsters was used to support children in exploring and identifying their emotions.



### How do you feel?

Children in Reception explored how they felt using their very own colour monsters.



### How I feel changes

Year 1 explored how their feelings change all of the time.



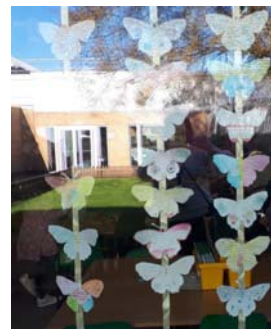
### Flowers and fish

Year 1 made two of Adrian's favourite things – fish and flowers.



### Fluttery butterflies

Year 1 wrote memories on their fluttery butterflies.



### The Invisible String

Year 4 read 'The Invisible String' and connected their memories of Adrian together.



### Memory Rainbow

Year 4 connected their memories of Adrian on a rainbow arch.



### Paper Flowers

Year 3 made 3D flowers to remember Adrian.



### Always in our hearts

Year 3 remembered Adrian and now that he will always be in their hearts.



### Remembering memories

Year 3 remembered memories they each had with Adrian.



### More fish!

Year 3 drew and decorated their own fish.



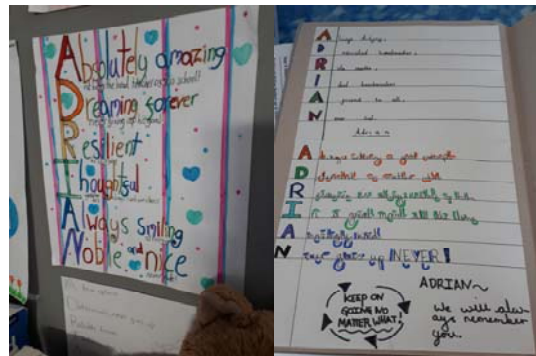
### Creating posters

Year 5 produced posters about Adrian.



### Acrostic name poems

Year 5 wrote acrostic name poems using Adrian's name.



### My Tangled Ball of Grief

Year 6 explored their feelings which were tangled into and around each other.



### Sketching

Children sketched pictures of Adrian.



### Memory Jars

A memory jar is where you can keep memories in a safe place. Children used memory jars to help them deal with the loss of Adrian by writing down memories of him.



### In one word

Children summed up Adrian by using just one word.



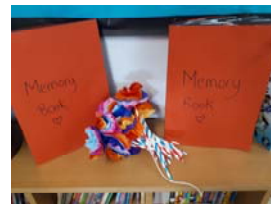
### Scrapbooks

Classes collated their individual experiences into whole class scrapbooks.



### Memory books

Classes collated their individual memories into whole class memory books.



### Memory Tree

Children's individual memories or messages to/about Adrian were collated together on two trees which we displayed in our foyer area.



### Let your worries float off into space

Worry boxes were placed in classrooms for children to add their worries to.



### Worry boxes

Another example of a worry box.  
Post your worry.



### Interactive displays



Please find below the contact details for organisations you may find useful for yourselves

**Samaritans** (24 hours per day) → <https://www.samaritans.org/> / 116 123

**NHS** → <https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

**Mind** → <https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/>

### Alexandra Park Library

As you will be aware the provision for libraries within many communities is declining due to budgets. Our community is fortunate to still have a local library within it. Alexandra Park library has just been refurbished and they have organised an open launch event on Saturday 22<sup>nd</sup> April 2023 from 11am to 4pm. I have also included a link to the library's opening times for your reference.

<https://www.haringey.gov.uk/libraries-sport-and-leisure/libraries/alexandraparklibrary>

## ARISE

Anti-Racism in Schools and Education

Rhodes Avenue has received a certificate from the founder of ARISE (Anti-Racism In Schools Education). The founder, Mpula Lawton, awarded our school the certificate in recognition of a commitment to standing up against all forms of racism. Mpula has given Rhodes Avenue this certificate because our school was the first school to have ARISE in for staff and parents. Mpula will be coming into school in the summer term to lead assemblies for our children.

<https://www.theariseproject.org.uk/team>

### Dates

The online calendar on the website has been updated for the summer term. Dates for class photos, sports days, class assemblies, shows, open classrooms and concerts have all been uploaded. Year groups will also add the relevant dates to year group newsletters.

<https://rhodesavenue.school/news-events/diary-dates/>



### **Down Syndrome Awareness Day**

On Tuesday 21<sup>st</sup> March 2023 the junior children had an assembly led by Claire Farrington (who is herself a parent of a child with Down's Syndrome) on Down Syndrome Awareness Day. 21<sup>st</sup> March of every year is dedicated to Down Syndrome Awareness and is a global awareness day which aims to amplify the voices of people with Down's syndrome, highlighting their vital role in communities and calling for their full participation in anything that affects their lives.



<https://www.downs-syndrome.org.uk/our-work/campaigning/world-down-syndrome-day/>

### **Holi**

At the time of writing this newsletter the Holi Festival has yet to take place. Holi is a Hindu tradition and was actually on the 8<sup>th</sup> March but our celebration will be taking place after school (today) on Friday 31<sup>st</sup> March (3.40pm start). Information about the event and the rules of play were e mailed to parents last Friday. You don't need to book in advance; just turn up! We will be filming the event and will be sharing the video with our whole school community as soon as it is ready to share. Age-appropriate Holi assemblies took place in school this week, emphasising the importance of the values it promotes. The Holi values of signifying the victory of good over evil and spreading happiness and love are global values for everyone.

I would like to thank the group of parents who once again this year organised this event. I myself am taking part and am looking forward to celebrating Holi with the junior children. Many infant children will be disappointed in not being able to join in with the event but please do tell them that the Holi Festival will be an annual event for our school and their turn will come too.

<https://www.bbc.co.uk/bitesize/topics/zh86n39/articles/z4qqy9q>

### **O.R. Tambo Recreation Ground**



On Wednesday 22<sup>nd</sup> March 2023 Rhodes Avenue welcomed Emma Betts and Hilary Bournas from Haringey Council's Parks and Leisure Service. They led assemblies to all children about the work that Haringey Council Parks and Leisure service is doing with a landscape architect to redesign the play and nature areas in the park. As children attending Rhodes Avenue are one of the largest user groups of the Park they were keen to gather their views, particularly on the proposed new outdoor gym which they are consulting on at the moment. School Council gathered feedback from children in their classes in order to produce suggested designs.

## **RAPSA news**

### **Jumble Sale**

March saw the return of the legendary RAPSA Jumble Sale, which proved to be the biggest one yet. As the first jumble sale since 2019 it was a huge undertaking. Thank you to the fantastic contributions of 150+ volunteers, the volume of donated pre-loved items and cakes, and the generosity of those who spent money on the day. Thank you to everyone who made the Jumble Sale a great success. A grand total of £4000 was raised for the school.



### **Easter Treats**

All children in school have been given an Easter challenge by their teachers and the Easter Bunny has visited school to reward them with some well-deserved delicious treats.

### **Turkey-Syria Earthquake Appeal Bake Sale**

Thank you to the parents from the Turkish community for hosting this and to all the parents who donated or bought cakes and bakes. The school community has raised £445 for the DEC Turkey-Syria Earthquake Appeal.

### **Dates for the diary**

Friday 21<sup>st</sup> April – RAPSA Coffee Morning (to thank our past, present and future volunteers)

Friday 12<sup>th</sup> May – Rhodestock (an evening event for parents to let their hair down!)

Sunday 11<sup>th</sup> June – Summer Fair (the legendary family fun day for our Rhodes Avenue community)



### **Red Nose Day**

On Friday 17<sup>th</sup> March 2023 Rhodes Avenue took part in Red Nose Day, an event which is organised

to raise money by making people laugh. Assemblies in school raised awareness on what actually happens with the money that is raised. £745 was raised by the school community.

### School Meals

On Tuesday 28<sup>th</sup> February 2023 our School Council took part in some taste tasting sessions with our chef Katiane and Accent catering's Operation Manager, Colin. School Council tasted and voted for vegetarian options for the summer term's vegetarian option. The most popular main meal vegetarian options were the Oat Meatballs with Tomato Sauce and Couscous and the Burritos. The children also enjoyed the Herby Quinoa, Feta and Pomegranate Salad as well as the Cheddar Bread with Red Onion and Rosemary bread option. These options will now be included within next term's menu which will shortly be available for parents on our school website. The Pasta Bar will continue to operate on Thursdays. The menu options for both the meat and vegetarian options have been reviewed and where possible have been aligned so that the meals are similar, e.g. Meat Con Carne and Quorn Con Carne on the same day. The school will also be trialling a vegetarian day for all children on a Tuesday.



<https://rhodesavenue.school/parents/school-meals/>

### World Book Day



On Tuesday 28<sup>th</sup> February 2023 Rhodes Avenue hosted World Book Day. Both staff and children dressed up as characters from a variety of books and spent the day focussing on the love of books and reading. We were delighted to welcome author Rachel Bright into school who inspired children with her wonderful stories and also taught us how to draw Goldy the gecko. One of her books 'The Lion Inside' was actually a favourite of Adrian's.

<https://www.rachelbrightbooks.co.uk/>

I hope all of our school community has a well deserved rest over the two week holiday period. The staff and I look forward to welcoming you all back on Monday 17<sup>th</sup> April 2023.

Best wishes,  
Maria

Maria Panayiotou – Interim Headteacher