

# Lighthouse News



Summer 2022

## A Message from the Principal:

Hello everyone, this is the final newsletter of the 2021/2022 academic year and what a fantastic, activity packed last term it has been at Lighthouse!

Everyone has worked so hard this last term, especially the students who have studied for examinations and our amazing staff who have prepared and supported students both in the build up to the exams and throughout the process.

Our students have been to the Yorkshire Dales, competed in the EEP Robotics Challenge final in Birmingham, visited the M&S archives at Leeds University, had an amazing day out at Flamingo Land in the sunshine and attended First Direct Leeds Arena for a Careers Exhibition. School also had a range of external visitors on site, including a vicar to support the RE and Careers curriculum and an animal charity where students met an adorable alpaca, hungry goats and a very chilled donkey!

To celebrate the end of the school year, Key stage 4 and 5 students enjoyed a fantastic evening at their 'Glitz and Glam, Boom and Bang!' Prom, and it was great to have parents onsite to socialise with each other and join in the fun. Students were proud to show their work in the annual 'Lighthouse has got Talent show'.

School has been delighted to welcome new staff members to the team this year and we have two new teachers joining the team in September. These staff will bring with them a wealth of experience in different areas and will be inducted with an extensive training programme. We are delighted to have them on board as part of the Lighthouse family.

We said a welcome goodbye to the COVID risk assessment after Easter and a new Infection and Control risk assessment is now in place, which allows greater freedoms across the school community, including the return to visitors on site. Unfortunately, with rising cases in Leeds which has impacted on staffing levels in school, we have had to limit parents being on site recently. As a result, we have been more active with our social media engagement, so parents can see activities that are happening in school. Please check out the school's Facebook page. We are really looking forward to having more parents and carers on site during the new 2022/23 academic year and are planning to host a celebration for the 10<sup>th</sup> anniversary of Lighthouse School.

We will miss our Key Stage 5 students leaving us, some heading to various different colleges: Leeds City College, Wakefield College, Henshaws and PINC College, and others starting internships and voluntary placements at Lighthouse Futures Trust and Rethink Food. We wish them all bright futures ahead on their next step as young people of Lighthouse. We look forward to seeing them again at our Alumni events. Congratulations to the students, their families and the progression team who have ensured a positive destination for each and every student in September.

We also wish all our current students and colleagues a wonderful, relaxing summer break and look forward to seeing you all back in September. We also look forward to welcoming our New Year 7 students on both Thursday 1 and Friday 2 September and the whole school back on Tuesday 6 September.

**Emma Sullivan—Principal**

Ambition | Versatility | Compassion | Innovation | Happiness | Devotion | Optimism | Respect

Lighthouse School, Arthington House, Hospital Lane, Cookridge, LS16 6BQ

0113 4570605 [admin@lighthouseschool.co.uk](mailto:admin@lighthouseschool.co.uk)

# CPD Update Summer 2022

The staff at Lighthouse have completed a range of Continuing Professional Development (CPD ) sessions over the Summer Term. These have included a mix of online learning and workshop sessions covering: SaLT specific language disorders, Diabetes Training, School Nursing Medical Needs training, Emotional Literacy teaching and also Safeguarding Updates.

The final group of staff have also refreshed or completed their Team Teach training with the Leeds School Health Safety and Wellbeing Team Teach Trainer. The Team Teach training we received at school gives the school staff team the confidence and strategies they need to de-escalate challenging situations and reduce the need for physical intervention. Every student-facing staff in school is now fully certificated, and we will continue to refresh this training as it supports our work within the school behaviour policy.



Our staff that are completing a year-long Pathways Programme for leaders have taken part in a number of networking sessions around; developing leadership styles, building team dynamics and also understanding and adapting their communication. The delegates attended an external workshop from Making Presentations, focusing on the archetypes of communication and adapting their communication style to support successful leadership.



The full school CPD day on the 1st July was Lighthouse Promotes Wellbeing. School staffs' wellbeing is just as important as our students' and this day was dedicated to assist staff to support their own wellbeing. Staff were introduced to the school wellbeing policy and the action plan for development by our Senior Mental Health Lead, Helen Manyanya. Staff then explored content on Polyvagal Theory taken from the National Association Head Teachers Wellbeing Conference, Mental Health England stress container, an update from the Staff Wellbeing Working Party and also some information on the "five ways to wellbeing".

Staff were then able to take part in activities linked to the five ways of wellbeing; Connect, be mindful (team building) Be active (Outdoor Forest School or Pilates), Keep Learning (making a planter and creative art workshop) and Give (Random acts of kindness).



**Ambition | Versatility | Compassion | Innovation | Happiness | Devotion | Optimism | Respect**

**Lighthouse School, Arthington House, Hospital Lane, Cookridge, LS16 6BQ**

**0113 4570605 [admin@lighthouseschool.co.uk](mailto:admin@lighthouseschool.co.uk)**

# Mind Mate

"On Friday 10<sup>th</sup> June, we had a MindMate stall over lunchtime to promote mental health support during Pride Month.

Our students were asked what top tips they had for looking after their own mental health and the best answer won a £10 voucher. The top tip was written by Hannah "Share your honest emotions with people you are comfortable with and trust". What a great top tip!

Mental health support services in Leeds:



<https://www.mindmate.org.uk/im-a-professional/services-leeds-young-people/>

Visit the link for various different organisations that can help support young people when they are struggling with their mental health.



The Anna Freud Centre has created some support packs to promote self care for over the summer for students of all ages

<https://www.annafreud.org/schools-and-colleges/self-care-summer/>

## Self-care summer

Resources to help children, young people and school staff practise self-care over the summer break.

### What is self care?

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you. The main thing is to find things you enjoy. Playing football, listening to music, reading. Sometimes having a long bath can be relaxing. Whatever works for you.

1. There are over [90 self-care strategies](#) identified and written by young people on [On My Mind](#) so you can try out different ones until you find something that works for you.
2. Draw up a plan. Put aside some time every day for yourself and say what you will do.
3. Everyone has mental health. Talking almost always helps. Listening always helps others.



### Here are some ways people describe self-care:

"Something that refuels us, rather than takes from us."

"Eating well and getting enough sleep"

"Something you enjoy that allows you to escape whatever is troubling you. Make sure you do at least one thing you like every day."

"Self-care isn't a selfish act; it is rather about knowing what we need to do in order to take care of ourselves. I don't take enough care of myself, I won't be"

"You need to plan self-care. It won't just happen. Set some time aside to make a short plan."



Ambition | Versatility | Compassion | Innovation | Happiness | Devotion | Optimism | Respect

Lighthouse School, Arthington House, Hospital Lane, Cookridge, LS16 6BQ

0113 4570605 [admin@lighthouseschool.co.uk](mailto:admin@lighthouseschool.co.uk)

# Employability

## Lighthouse School Careers Provision

As part of our extensive careers programme, the school devotes significant staffing and financial resource to work experience each year. This year, 97% of Key Stage 5 students benefited from group work placements, and there were over 30 other employer events, careers education trips, or visits that included students from across the school. With such a successful and significant career provision, it is not surprising that Lighthouse School proudly remains the lead school for the Leeds City Region SEND Careers Hub.

### **College placements**

Many of our Sixth Form students have had the opportunity to attend at least one 10-week course at Leeds City College this year including Animal Care, Hair & Beauty, and Art & Design. This term, we took twelve students to Quarry Hill campus for Art & Design, where they were able to try out new techniques such as monoprinting, lino printing, collographing, acetate printing, and modelling. The students created some stunning work and learned a lot from the experience.

All of the college placements provided students with the opportunity to try new techniques, experience a mainstream college environment, and develop their independence skills by purchasing lunch in the college canteens and navigating their way around the campus. This year's college experience has helped many of our students better understand their own aspirations and support needs as they consider their next steps after Lighthouse School.



### **Branching Out**

Nine students have worked tirelessly with their Job Coach from Lighthouse Futures Trust and the Leeds City Council Parks and Countryside Service throughout all seasons of the year to complete a variety of garden maintenance tasks in the Lotherton Hall grounds each week. Students collaborated and learned a variety of skills including hoeing, tree planting, pruning, weeding, and fencing repairs. It was a fantastic experience, and we can't wait to have students involved again next year!

**Ambition | Versatility | Compassion | Innovation | Happiness | Devotion | Optimism | Respect**

**Lighthouse School, Arthington House, Hospital Lane, Cookridge, LS16 6BQ**

**0113 4570605 [admin@lighthouseschool.co.uk](mailto:admin@lighthouseschool.co.uk)**

# Employability Continued

## World of Work [WoW] Programme

Nine of the Key Stage 5 students attended Lighthouse Futures Trust, where they participated in the WoW Programme every Thursday this year. This term, as part of their project work, the students enjoyed some food preparation tasks, where they collaborated to make a chicken dinner and bake bread! The students were divided into groups, given a budget, and sent to Headingley to purchase the ingredients. The end results were delicious!!



## Bee Creative

This term, our 'Bee Creative' aspiration-raising project, which is funded by the West Yorkshire Combined Authority and supported by the Burberry Foundation, has also taken exciting new directions.

We organised monthly sewing staff socials to give colleagues the space and resources they need to get involved in a new (or old!) hobby whilst catching up with friends and supporting one another's well-being. We've already seen fantastic embroidery patterns created, as well as staff bringing in their own clothes and fabrics.

The funding for this project has not only allowed us to upskill staff and purchase sewing machines, but it has also allowed us to redesign our entire creative space for the new academic year, including a lockable storage space within a classroom for easy access to our machines and equipment. We're also undergoing an upgrade to our Careers Hub space in school.



**Ambition | Versatility | Compassion | Innovation | Happiness | Devotion | Optimism | Respect**

**Lighthouse School, Arthington House, Hospital Lane, Cookridge, LS16 6BQ**

**0113 4570605 [admin@lighthouseschool.co.uk](mailto:admin@lighthouseschool.co.uk)**



# Employability Continued

## The Child Friendly Leeds Awards 2022

On Tuesday 5<sup>th</sup> July, some of our staff had the absolute pleasure of attending the Child Friendly Leeds Awards 2022 at the Leeds City Varieties, having been shortlisted for an award for our work with the Compass House Project!

It was a fantastic evening of celebrations, expertly coordinated by a group of super talented young people who named themselves 'The Star Techs'. Throughout the night, there were also incredibly talented local young acts performing.

It truly made us proud to be a part of everything Child Friendly Leeds is accomplishing for our fantastic city's fantastic young people!



## Visiting Speaker – Reverend Caroline Brown

As part of their Humanities and Careers curriculum, fourteen of our Key Stage 3 students met with the Reverend Caroline Brown this term, who'd joined us in school from her parish in Yeadon.

Reverend Caroline gave an excellent presentation in which she informed the classes about her role and responsibilities, the training she is currently undergoing to become a priest and her career path to get there. The students were then given the opportunity to ask questions and examine some of the items she brought in, which included a baptismal font and a stole.



## Next Choices Fair – Leeds Arena 2022

We took a large group of Key Stage 4 and 5 students to the SEND Next Choices Fair at Leeds Arena in June, which was organised by Leeds City Council's Employment and Skills service. It was the city's first event of its kind for a number of years, and it was well represented and attended.

The fair brought together a diverse range of organisations to answer questions and provide information about potential next steps, such as jobs, training, apprenticeships, college courses, leisure activities, finances, benefits, and more. We saw some familiar faces there, as well as new ones and spent some time in particular seeking out some of the more creative sectors represented, as part of our Bee Creative project work.



Ambition | Versatility | Compassion | Innovation | Happiness | Devotion | Optimism | Respect

Lighthouse School, Arthington House, Hospital Lane, Cookridge, LS16 6BQ

0113 4570605 admin@lighthouseschool.co.uk

# Communication



## Communication Cornerstone

Since my appointment in February, I have been keen to develop staff knowledge of Speech, Language and Communication needs. I have delivered whole school training around language processing and send regular bite-sized information to all staff. I would like to offer similar support to our parents, carers and families through the newsletter's "Communication Corner." Lisa Anderson Specialist Speech and Language Therapist

### Emerging evidence on the functions of echolalia

You are likely to be familiar with the term echolalia – which is the repetition of sounds, words or phrases. Echolalia has often been misinterpreted as 'meaningless,' 'uncontrolled' or 'non-communicative' and as such has been often discouraged.

However, recent research has highlighted that echolalia actually has many purposes:

**To communicate** — Echolalia can be used for commenting, protesting, directing, requesting, initiating, responding, expressing emotions and self-advocacy.

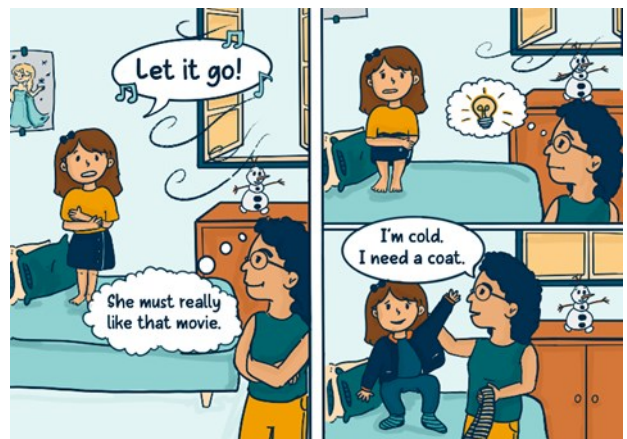
**To self-soothe** — Echolalia can be used as a sensory regulatory tool or stim.

**To process information** — Echolalia can be used to process information and support working memory

### Supporting echolalia use at home

**Respect** and **respond** to echolalia as a form of communication

Try to uncover the meaning of the echolalia. Keep a record of key phrases and utterances and the context that it is used in. It might be useful to share frequently used phrases with staff, particularly if they hold special meaning for your child.



Ambition | Versatility | Compassion | Innovation | Happiness | Devotion | Optimism | Respect

Lighthouse School, Arthington House, Hospital Lane, Cookridge, LS16 6BQ

0113 4570605 admin@lighthouseschool.co.uk

# Staff Notices

## Carole Morris

Hello my name is Carole Morris and I am one of the new Wellbeing Tutors at Lighthouse School. I have recently relocated to the area from Wiltshire where I had been working as an SEN/Autistic Specialist TA in an International Military School hosting over 43 different languages. I have got 26 years experience working with students with SEN and autism. I love all sports and have a qualification in teaching after school sports clubs and Box 2B Fit.



## Jess Hatfield

My name is Jess Hatfield and I am a new Wellbeing Tutor at Lighthouse School. I moved to Yorkshire just over a year ago where I have been working as a Support Worker on an Autism Specialist Ward at a psychiatric hospital and I am looking forward to using the skills I've developed to support the wellbeing of the students at Lighthouse School. I love the outdoors and regularly enjoy going for walks, swims and bike rides.



## Klare Hunt

Hello my name is Klare and I am pleased to have started a new role within Lighthouse. My background is financial. I have worked in Financial Services for over 25 years, managing teams of people, organising workloads and reports.



I feel inspired by the positive culture at Lighthouse, underpinned by the school values and ethos that every student is individual and nurtured towards a bright future. I am proud to be part of an organisation that is making a huge difference to children's lives by the destination approach to learning. I have been welcomed at Lighthouse by supportive colleagues and the schools prioritisation of staff well-being. It's a happy, positive place to work.

I have always lived in Leeds. In my spare time I enjoy touring car motor racing, cycling, swimming, music, baking, and the outdoors. Nature makes me happy and I enjoy going for walks in the countryside with my son bug hunting / bird watching and searching out rock pools on the beach.

## Leavers

We say good bye to the following staff members and wish them every success in their future careers.

Michael Ramos , Daniel Welch, Lilia Gee, Shona Moore and Rosanna Downing

**Ambition | Versatility | Compassion | Innovation | Happiness | Devotion | Optimism | Respect**

Lighthouse School, Arthington House, Hospital Lane, Cookridge, LS16 6BQ

0113 4570605 [admin@lighthouseschool.co.uk](mailto:admin@lighthouseschool.co.uk)



## Trips and visits

### Robotics Final

Lighthouse school's robotics team were the Regional Final winners of the 'Tomorrows Engineers Robotics Challenge' in York during May, and so qualified to take part in the National Final in Birmingham in June.

Lighthouse can now be recognised as one of the Top 25 schools in the country at robotics and we are delighted that our determined team of students reached the final!

The students were excellent representatives of the school and worked well as a team. They enjoyed exploring the 'Big Bang Fair' and handled the large crowds at the NEC well. We couldn't be more proud of all the students who took part on the day and the students who contributed to the team but were unable to attend.

A massive thanks to the team who prepared the students for the tournament and supported the trips to York and Birmingham. It was a very early start for staff and students and we are so proud of your commitment and dedication!

The photo shows the robotics team with our National Final sign.



### Yorkshire Dales

In June, a group of KS3 students visited Austwick in the Yorkshire Dales. The students took part in activities which gave them an insight into the history of the Dales whilst hiking in the area of Austwick and seeing some of the local animals. To finish, they visited a local cafe for some ice cream before their return to school.



# Beacon

During the summer term, we hosted a coffee and chat session, at the new venue in “John Lewis Community Hub” which was a great space and a fantastic resource for us to use with parents free of charge. Families enjoyed joining us for coffee and catching up, making connections and supporting each other. It was so nice to have our first face-to-face event after a long period.

Our family event at the school Prom allowed families to join the celebrations enjoying a parent/carer only area with some live music, providing an opportunity connect as well as re-joining the students for the end of their prom celebrations.

During the next academic year, the Beacon family support team will be exploring hosting a range of events including ‘Parent Hub’ information and networking sessions, ‘Coffee and Chat’ events and also some other events supporting family connections. Thanks to all the parents who took the time to complete the Beacon questionnaire giving us information around what topics and events you would like covering as part of our family support package. Will also be launching a specific information leaflet and also a dedicated email address for Beacon within the new school year, allowing parents to have a direct contact for any signposting around family support, this was something that parents had really highlighted in the questionnaire responses received.



# Shine

This year for our School Leavers, our Prom was themed on 'Glitz & Glam, Boom & Bang' Our students who attended had an amazing time, they all walked down the red carpet looking amazing! Students enjoyed dancing on the dance floor, fish and chips for tea and having their picture taken at the photo booth. It was a pleasure as staff to be a part of it, to watch students enjoy being together again and celebrate the success of our leavers. Our parents' event was themed around VIP (Very Important Parents). They enjoyed some live music and a buffet-styled banquet! A lovely chilled evening before joining up with the students at the end to enjoy a dance and have their picture taken at the photo booth! Massive thank you to all students and families that attended. We look forward to seeing you at our next events and building back up our Lighthouse Community.



I genuinely enjoyed it, Thank you to school for putting it together- Year 14 leaver.

I had the best night of my life it was the best prom I've been to!. I wouldn't say school need to improve on anything because it was absolutely perfect- Year 14 leaver.

**Ambition | Versatility | Compassion | Innovation | Happiness | Devotion | Optimism | Respect**

**Lighthouse School, Arthington House, Hospital Lane, Cookridge, LS16 6BQ**

**0113 4570605 admin@lighthouseschool.co.uk**

# Trips and visits

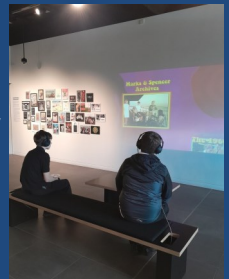
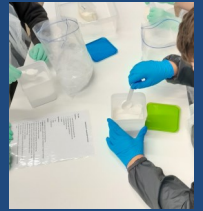
## 'Big Bang' Week

Seven of our Key Stage 3 students visited the M&S Company Archive in the grounds of the University of Leeds as part of their food technology and science curriculums.

It was a fascinating opportunity to explore the history of this Leeds founded business and take on the roles of M&S Food Tasters and Technologists!

We explored marketing and advertising and designed our own perfect puddings. We then got stuck into the food science to make ice cream in a bag!

Finally, were lucky enough to be able to access the repository, which isn't open to the public, to find out more about how the archive is set up and the types of M&S items that are carefully stored there.



## Shine Dates

Date	Who	What
12/10/2022	KS4/5	Cinema
19/10/2022	KS3	Cinema
07/12/2022	KS3	Christmas Party
01/02/2023	KS4/5	Bowling
08/02/2023	KS3	Bowling
22/03/2023	KS4/5	Arcade Club
29/03/2023	KS3	Arcade Club
03/05/2023	KS4/5	Outdoors Activity
10/05/2023	KS3	Outdoors Activity
12/07/2023	KS4/5	Prom
26/07/2023	TBC	Full Day
27/07/2023	TBC	Full Day

Ambition | Versatility | Compassion | Innovation | Happiness | Devotion | Optimism | Respect

Lighthouse School, Arthington House, Hospital Lane, Cookridge, LS16 6BQ

0113 4570605 admin@lighthouseschool.co.uk