

21st March 2025



High Oaks Newsletter

Dates for the Diary

Performing Arts week exhibition—Friday 28th March 10am

End of Term—Friday 4th April 1.45 finish

Tuesday 22nd April INSET day

Wednesday 23rd April Students return

Dear Parents and carers,

We have a jam packed newsletter this fortnight ! We enjoyed a visit from the local MP Ruth Cadbury last week, she enjoyed visiting the school and meeting the students and staff, She was very impressed to see how hard the students were working.



Last week the students enjoyed participating in lots of fun hands on activities in their science lessons as part of Science week. The focus this year was engineering. experiments

Next week we have performing Arts week, this will end on Friday with the opportunity for parents and carers to come into school and view all of the work the students have been working on, I have attached the flier for your information.

We have had a number of complaints from local residents recently about parents parking their cars across driveways at school drop off and pick up. I appreciate it is very busy at the beginning and end of day but please can I ask that we are mindful of our neighbours and park courteously.

I hope you all have a wonderful weekend

Mairead



Family Food Technology Workshop

We recently hosted a fantastic Family Food Tech Workshop at Oaklands, where parents had the opportunity to learn about our Life Skills curriculum and how we teach Food Technology here at Oaklands. The session was designed to engage both parents and children, offering a hands-on experience of what their children are learning in the classroom.

After an informative session about the curriculum, families got to work together to create delicious pitta pizzas. This was a great chance for the children to showcase the Food Tech skills they've developed while having fun with their parents.

We are so pleased with how the workshop turned out, and it was a wonderful way for parents to connect with the curriculum and support their children's learning in a fun and interactive way. Thank you to all the families who participated – we hope everyone had as much fun as we did!



Visit from MP Ruth Cadbury

We were delighted to welcome our Local MP Ruth Cadbury to our school on Friday 14th March.

She was very impressed by all the hard work she observed the students completing during her visit. She enjoyed spending time in lessons and speaking to the students about their work.



Science Week / Big Bang Engineering UK

Last week, our students took part in the Science Week / Big Bang Engineering UK at School, an exciting event celebrating STEM (Science, Technology, Engineering, and Maths). Through hands-on activities and problem-solving challenges, students had the chance to explore and engage with STEM in a fun and meaningful way. The event was designed ensure that all students could experience the joy of discovery and develop valuable skills for the future.



A visit from Head2Head Sensory Theatre:- Thumb Sized Grimm!

This week KS3 & 4 were lucky enough to have some special visitors from Head2Head Sensory Theatre with their travelling show—Thumb Sized Grimm. We listened to two stories—The Elves and the Shoemaker and Tom Thumb—and also had a play with some sensory props. It was a brilliant experience, and we can't wait to welcome Head2Head back in the future!



St Mary's Church visit in Kew 5

In our vocational lessons this term, we have been working on the theme of 'caring for our community'. Last week, we walked down to St Mary's Church in Osterley where the students tidied the area around the church's grounds. The students picked up litter and tidied areas around benches before having a picnic and exploring inside the church.



Syon 4

Last week, Syon 4 had an amazing hands-on learning experience! Students visited Sky Up Studios in Osterley, where they explored the world of filmmaking and got a taste of working behind the scenes in the movie industry. We also went to Pizza Express to discover the skills of a pizza chef, even making their own delicious pizzas.



Work Experience

Our Job coaching team takes the journey of our student beyond their teaching skills - it's about unlocking potential, building confidence, and opening doors to independence. It provides a bridge between the classroom and the real

world, offering hands-on learning in professional settings.

Our specialised team is here to serve as a mentor, cheerleader, and problem-solver, helping students navigate tasks, workplace expectations, and social interactions. Whether it's mastering a retail checkout, stocking shelves, assisting in hospitality, or working in food service, every experience is



High Oaks Kitchen



Holiday Inn hotel (F&B)



KFC Fast-food Restaurant



High Oaks Kitchen



Library



Holiday Inn hotel (housekeeping)

Collaboration with employers is the key. Our dedicated job coaches create inclusive spaces where students feel valued and supported. As students gain confidence and independence, they take steps towards meaningful employment and a future full of possibilities. We believe with the right support; every student has the



PHAB foodbank



Oak Stop and Shop



Sue Ryder Retail Shop



Tesco Supermarket

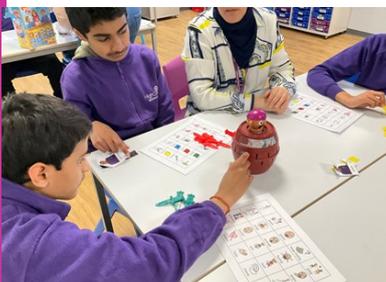
Oaklands School Therapy Team

Dear Parents,

We're thrilled to share something exciting happening in our therapy sessions: **Games!**

The Power of Play!

Play is a powerful tool for building emotional intelligence, social skills, and focus. While your child is having fun with the *Pop Up Pirate Game*, they are also developing important skills like cooperation, problem-solving, and impulse control—all of which help them in both the classroom and everyday life.



Whether it's taking turns, practicing patience, practicing fine motor and gross motor control, or celebrating a win (or handling a loss), these moments become valuable learning opportunities wrapped in fun!

This half-term, our therapy team is incorporating games to make learning and growth even more enjoyable. One game that's an absolute hit with all our students is the *Pop Up Pirate Game*.

Why Pop Up Pirate?

You might be thinking, "What makes a game like *Pop Up Pirate* so special in therapy?" Well, it's not only about the suspense of waiting for the pirate to pop up (which is part of the fun!). *Pop Up Pirate* offers a perfect combination of excitement, teamwork, and learning. Kids work on taking turns, building patience, and practicing emotional control, especially when they lose. It's a great way for them to express feelings of frustration or joy in a relaxed environment, with the support of our skilled therapists guiding the way using communication boards.



Communication boards

An important tool we use whilst playing games like *Pop Up Pirate* is a communication board. Communication boards are a type of augmentative and alternative communication (AAC) tool designed to help your child express themselves, such as requesting, commenting, and expressing thoughts. For your child to effectively develop these skills, they need the adults around them to consistently model without being pressured into copying the adults. We have included communication boards for *Pop Up Pirate* for you!

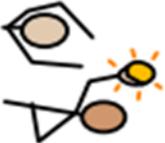
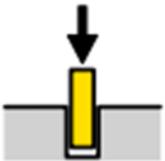
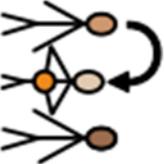
If you also want to play this game at home with your child, you can buy it from the Amazon UK website. You can click on the link to find it:

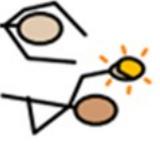
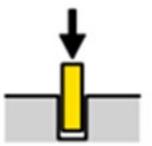
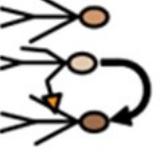
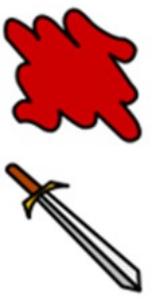
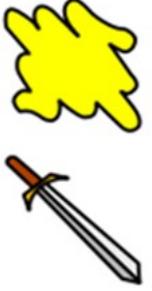
[TOMY Pop Up Pirate Classic Children's Action Board Game, Family and Preschool Kids Game for Children 4, 5, 6, 7, 8 Year Old Boys Girls Adults, Packaging may vary, Wood - Choc Brown : Amazon.co.uk: Toys & Games](https://www.amazon.co.uk/dp/B000060000)

If you have any questions or concerns please contact the Therapy Team on **020 8560 3569** or email us:

Speech and Language: salt@oaklands.uk.net

Occupational Therapy: ot@oaklands.uk.net

<p>I</p> 	<p>want</p> 	<p>put</p> 	<p>green</p> 	<p>in</p> 
<p>You</p> 	<p>turn</p> 		<p>red</p> 	<p>sword</p> 
<p>My</p> 	<p>Pop</p> 	<p>pirate</p> 	<p>blue</p> 	<p>yellow</p> 
<p>like</p> 	<p>dislike</p> 	<p>help</p> 	<p>more</p> 	<p>finish</p> 

<p>I want</p> 			<p>Green sword</p> 	<p>Put it in</p> 
<p>It's your turn</p> 			<p>Red sword</p> 	
<p>It's my turn</p> 	<p>It popped</p> 	<p>Let's turn the pirate</p> 	<p>Blue sword</p> 	<p>Yellow sword</p> 
<p>I like it</p> 	<p>I don't like it</p> 	<p>I need help</p> 	<p>I want more</p> 	<p>All finished</p> 



Pop Up Pirate

Set up your game:

- Push your pirate inside the barrel and twist him gently
- Do not push or twist too hard

How to play

- Each player gets a turn to push one sword into the barrel
- Keep taking turns until the pirate pops out

The losing turn

- The player who makes the pirate pop out loses that round

Enjoy the suspense and have fun!

Oaklands School Therapy Team

Therapy Training Introduction to toileting independence

Friday the 7th March 2025, presented by Keziah Freimond, occupational therapist.

Your child is ready for toileting when you are!

Is your child constipated?

- 1 in 3 children will be constipated at some point in their childhood.
- Constipation may have a negative impact on building independence in toileting. Children with additional needs may fear passing stool if they have experienced constipation in the past.
- Drinking enough water-based drinks causes more wee, which encourages the child to use the toilet and makes the poo soft. 6 - 8 cups (250ml) every day, or more when it's hot, or if you're exercising. Remember to spread the drinks out! Bladder muscles like to keep fit by stretching and squeezing throughout the day.

Ensuring good bowel and bladder health is always the first step to toilet training!

Equipment you may need:

Please speak to your occupational therapist before purchasing items.

- If your child is small, he/she may need a seat reducer to sit on the toilet without feeling like they will fall in.
- A stool helps keep both feet flat on a steady surface which means your child is more balanced on the toilet. It also positions the knees higher, and this helps the bowels release with more ease.
- A mattress protector on the bed for nappy free nights.
- Washable cloth to place inside the nappies to help your child know when they are wet.



The 3 stages of toileting

1. Body awareness:

- A regular toileting routine helps your child learn his/her body signals.
- Teach wet/dry, soiled/clean. A dry cloth inside a nappy/continence pad will help your child understand when they are wet, as nappies and continence pads are designed to reduce that feeling of wetness and, knowing when you are wet is important for toilet training.
- Put poo from nappy in the toilet and show your child where poo goes (if appropriate).
- Observe times of day when your child tends to poo to wee.
- Use visuals, like the toilet symbol when taking your child to the toilet.



2. Practice:

- Use a pressure-free approach, make it fun. Use play as a means to gain your child's interest.
- Set a routine to go to the toilet.
- It is advised to take your child approximately 30 minutes after food intake.

3. Building independence:

- Avoid rewards but use praise.
- Start nappy-free time:
 - When you are at home, such a holiday times and not during stressful times, such as moving house.
 - Start with 30 minutes at a time. Gradually increase this over time. Keep your toilet routine during this time.
 - Get your equipment ready.
 - Have your child wear loose clothing when going nappy free.

To discuss your child's toileting needs, contact the occupational therapists at: ot@oaklands.uk.net

Useful links to information and resources on toileting:

<https://eric.org.uk/potty-training/>

To see if your child may be constipated: [Children's bowels - ERIC](#)

<https://go-potty.teachable.com/p/potty-training-essentials>

<https://godiaaperfree.com/blog>

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/toileting>

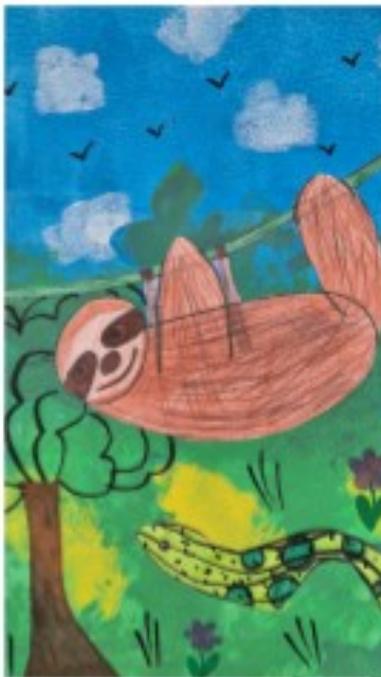
<https://downsyndromeuk.co.uk/parents/toilettraining/>



Creative Arts Week Exhibition Friday 28th March

This year the theme of Creative Arts Week is 'Rainforests'. An exhibition showcasing artworks made by students is planned for Friday 28th March. There will be a special dance performance by Richmond students to open the exhibition at 10am. Parents/ carers and other visitors are then welcome to visit the exhibition to look at the art work between 10:10am—10:40am.

6th form and Richmond students will also be selling products they have made in their Vocational lessons, including tote bags decorated using 'Marbling' technique. We hope you can join us!



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