

# Wetheringsett Newsletter



## A MESSAGE FROM THE HEAD TEACHER

Although this term has seen lots of change in terms of the number of new pupils and staff, I believe it has been a very positive one.

As you will see in this newsletter everyone has been incredibly busy and we have seen some fantastic achievements from pupils across the whole school.

I would like to take this opportunity to thank everyone for their hard work. As not only did we see the schools best ever exam results in August we have also seen a massive uplift in school presentation in the warehouse.

I also realise that although Christmas is a wonderful time of the year for many, it does have its challenges, I'd like to share this link that may be of use:  
[www.moneysavingexpert.com/deals/food-and-drink/](http://www.moneysavingexpert.com/deals/food-and-drink/)



## WARM GREETINGS



Wishing you a happy and restful season, and all the best for the year ahead.



From everyone at





## FESTIVE EDITION

## TERM HIGHLIGHTS

## EVENTS &amp; EXPERIENCES FROM THIS TERM



## SAMS SALON OPENS!

This year, we are delighted to be able to offer our students Hair and Beauty experience in our lovely new salon, Sam's Salon. With the support of teachers Lucy and Karla, our students are doing a fantastic job developing their skills and gaining valuable hands-on experience.

## REDECORATING

As you can see the corridor spaces look far more appealing than before. We listened to our pupils and turned them into something far better looking!



## IPSWICH VS STOKE

Class 1 enjoyed an exciting trip to Portman Road to watch Ipswich take on Stoke. It was a fantastic experience for the students, who cheered on their team and soaked up the thrilling atmosphere of a live football match.



## FUN OUTINGS

This term, students have enjoyed a wide range of trips and activities. A group travelled to London to see Wicked at the theatre; despite a few train delays, they stayed calm and had a fantastic, memorable day. KS4 took part in action-packed airsoft sessions, KS3 enjoyed a fun-filled day at Play2Day, and KS2 showed off their skills during tennis sessions. To get into the festive spirit, students also visited the cinema to watch Christmas films, making it a term full of fun and memorable experiences.

## BASE CAMP

Base Camp is still going ahead, giving students the chance to develop their outdoor skills. From teamwork to practical problem-solving, the activities are helping students build confidence and resilience while enjoying the great outdoors.

## CHURCH XMAS TREE

Wetheringsett Church encouraged the community to create a Christmas tree for each day of the season, and our students delivered three creative trees: one wooden tree crafted in Construction, and two creative Hair & Beauty trees made using mannequin heads!





## FESTIVE EDITION

# CHARITY FUNDRAISING

OUR STUDENTS ARE ALWAYS FINDING NEW WAYS TO SUPPORT CHARITIES

AND MAKE A POSITIVE IMPACT IN OUR COMMUNITY - THIS TERM THEY HAVE RAISED OVER 400 POUNDS!

Our students have contributed to the **Halesworth Community Larder**, shopping for and donating essential food items to help local families in need.

Class 12 organized a spooky **fundraising event for Mind**, featuring a fancy dress competition, pumpkin decorating, a bake sale, and even some students sliming staff members Fiona & Matt. (Welcome to the team Matt!)

Our Student Council members took part in the **Shoebox Appeal**, collecting and donating gifts to bring festive joy to those in need during the holiday season.

The **Children in Need** Bake Sale went ahead despite being cut short by unexpected flooding, students and staff still raised valuable funds.

In November, students supported the **Poppy Appeal** by collecting donations, crafting crochet poppies, sharing a school poppy box, and even delivering a wreath to the memorial in their cadets' uniforms.

As the festive season approached, students began preparing for the annual Christmas Market, planning and creating items to sell and spread holiday cheer, as well as running their weekly tuck shop raising funds for **Cancer Research**.



POPPY APPEAL



FOOD BANK COLLECTION



CHRISTMAS CARD SALE



HALLOWEEN EVENT



SHOEBOX APPEAL



CHRISTMAS MARKET PREP





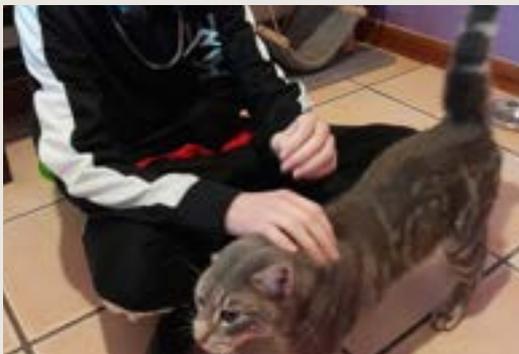
FESTIVE EDITION

# CAREERS HIGHLIGHTS

EVENTS &amp; EXPERIENCES FROM THIS TERM

The school's careers team: Caitlin, Phil, Carl, Matt, and Eli, have been working tirelessly to guide students through this important stage, offering advice, encouragement, and practical support to help them plan for a successful future. Their efforts ensure every student has the tools and confidence to make informed choices about their next steps after school.

Our Year 11s are busy preparing for life after Wetheringsett Manor. Over the term, they have attended college open days, explored a variety of career paths, and received guidance and support with their applications for both colleges and apprenticeships. They've also benefited from one-to-one sessions with our careers advisor, Beckie, which they engaged with enthusiastically, helping them clarify their goals and next steps.



WORK EXPERIENCE AT  
FELINE CARE



VISIT TO SUFFOLK NEW COLLEGE



WORK EXPERIENCE AT  
THE CEDARS PANTRY

## WORK EXPERIENCE

We are very proud of our students who have been taking part in ongoing work experience placements this term. These opportunities are helping them develop new skills, build confidence, and learn how to overcome real workplace challenges. Placements have included garages, local cafés, and landscaping companies, giving students a wide range of experiences and insights into different industries.



# DISCOVERING CAREERS

FESTIVE EDITION



## Festive Careers

### About:

Festive careers are roles that get particularly busy during the holiday period. They can be seasonal, but provide real skills and sometimes develop into long-term opportunities.

### JOB EXAMPLES

- Retail / Sales assistant
- Delivery Driver
- Catering Jobs
- Waiter / Barista
- Marketing
- Performers
- Event Organisers

### CAREER SPOTLIGHT

#### HGV / LORRY DRIVER

HGV (Heavy Goods Vehicle) drivers transport goods across the country, keeping shops stocked and deliveries on time.

**Festive Peak:** Christmas and the holiday season are extremely busy, with online shopping and retail deliveries surging.

## MYTH BUSTERS

**MYTH:** Holiday jobs are only temporary and don't teach real skills.

**BUSTED:** Many year-round careers get extra busy during the festive season, giving people the chance to gain valuable experience, develop skills, and even progress in their chosen fields.

## REAL EXPERIENCES

### ELINOR (INCLUSION TEAM/CAREERS)

I started as a toy demonstrator at Hamleys during the festive season, selling and playing with toys while skating around the store.

I was later promoted to full-time and stayed for three years. One year, I even got to be an Elf for Santa!

**Seasonal jobs can be fun, festive, and a great way to gain experience.**



# HANDS-ON HIGHLIGHTS

HERE'S A GLIMPSE OF THE DEDICATION, CREATIVITY, AND SKILL OUR STUDENTS HAVE SHOWN THIS TERM IN THEIR WORK.



CONSTRUCTION



CONSTRUCTION



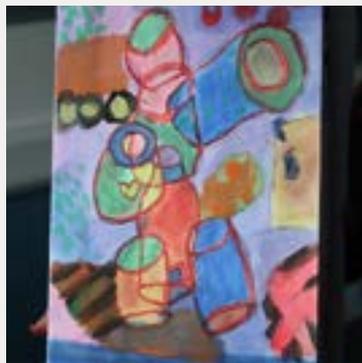
CONSTRUCTION



CONSTRUCTION



ART



ART



FOOD TECH



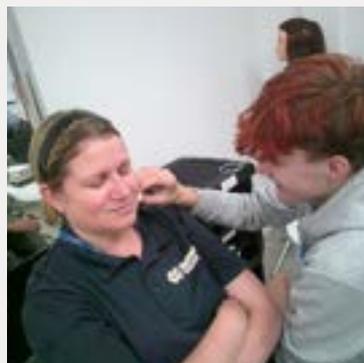
FOOD TECH



HAIR & BEAUTY



BEAUTY



HAIR



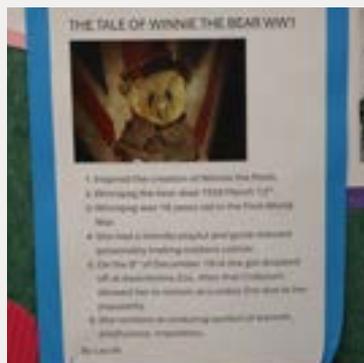
HORTICULTURE



COMPUTING



MECHANICS



ENGLISH



ENGLISH



# UPCOMING EVENTS

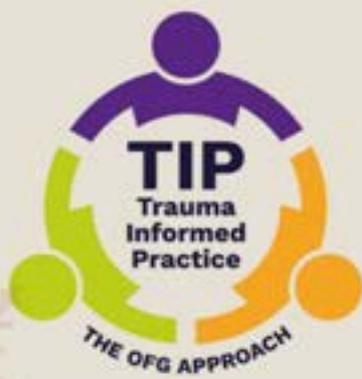
---

HERE'S WHAT WE HAVE PLANNED SO FAR AS  
WE HEAD INTO THE SPRING TERM:

- **22nd & 29th January** – **Suffolk Rural College** taster days, giving students the chance to explore college courses and experience post-16 education.
- **28th January** – **Tour of a local cinema**, offering a behind-the-scenes look at the industry.
- **2nd-6th February** – **Enterprise Week**, focusing on employability skills such as teamwork, creativity, and problem-solving.
- **5th February** – **Tour of a Chocolate Factory**, exploring production processes and career opportunities.
- **12th February** – **Visit from a representative of the Magistrates' Court**, delivering an informative talk on the justice system.
- **5th March** – **Festival of Knowledge** at the Norfolk Showground, featuring interactive learning experiences.

## Ongoing throughout the term:

- Multiple work experience placements and intervention sessions, both in and out of school.
- Therapeutic sessions with Feline Care Interventions to support wellbeing.
- Dog Squad sessions, helping students develop responsibility and care skills through working with dogs.



# SUPPORTING YOUR CHILD AT CHRISTMAS



Christmas can be a magical time, but it can also feel overwhelming for children, especially those who have experienced trauma. Changes in routine, sensory overload, memories, and the pressure to “have fun” can all contribute to stress. Below are simple, trauma-informed strategies to help create a calm, connected and enjoyable Christmas for your child and family.

## **CONNECT– STRENGTHEN YOUR BOND**

**Children thrive when they feel safe, seen and valued.**

- Create a warm environment: Display their artwork, photos or small achievements so they can clearly see they belong. Subtle acts of kindness (e.g., leaving a note, making their favourite drink) show you are thinking of them.
- Make memories together: Let your child choose an activity; baking, watching a film, going for a walk; and record positive moments with photos or keepsakes.
- Talk openly: Some young people love Christmas; others find it difficult. Gently check in about how they feel and what they would prefer.
- Encourage healthy connections: Support them to connect with trusted friends, pets, or family members, but avoid forcing interactions. Their voice matters.

## **CO-REGULATE– HELP THEM STAY CALM AND SETTLED**

**Children often borrow our calm when they feel overwhelmed.**

- Keep routines predictable: Maintain regular mealtimes, bedtimes and daily rhythms. Let them know in advance about changes such as visitors, day trips or events. Predictability reduces anxiety.
- Offer choices: Let them choose between two activities, snacks, or Christmas plans; choice supports control and safety.
- Use regulating strategies: Breathing exercises, drawing, music, sensory play, nature walks, or movement breaks can all help young people reset.
- Low-pressure celebrations: Keep things simple. Instead of big, noisy events, try gentle activities; crafts, board games, reading, baking, or a cosy film night. Children do best when there is freedom, not pressure.



## **CO-REFLECT- SUPPORT UNDERSTANDING AND COPING**

**Helping children reflect (in small, calm moments) builds confidence and resilience.**

- Respect boundaries: If your child needs quiet time, a break from busy spaces, or time alone, that is okay.
- Reflect together: Talk about what is going well, what feels hard, and what could be changed. Adapt Christmas plans based on their needs.
- Notice triggers: Unstructured time can be hard for children with trauma histories or additional needs and may lead to boredom or dysregulation. Planned activities such as games, crafts, baking, outdoor play or helping with small chores provide purpose and reduce stress.
- Seek extra support if needed: If you feel your child is struggling significantly, specialist or professional support may help.

## **SIMPLE ACTIVITY IDEAS FOR THE HOLIDAYS**

**Small, structured activities help children feel safe, engaged and grounded.**

- Here are a few from our Occupational Therapy and Trauma-Informed teams:
- Arts and crafts, colouring, scrapbooks, or mood boards
- Board games, puzzles, Lego, scavenger hunts
- Baking or decorating simple Christmas treats
- Outdoor play—walks, playgrounds, bike rides
- Music, dancing, or listening to favourite songs
- Sensory play for younger children—playdough, water trays, rice trays
- Time with pets or small animal-care tasks (if possible)

These activities help children develop confidence, interests and a sense of identity, while reducing stress and boredom.

## **AND FINALLY...**

Christmas can also be emotionally tiring for adults. Please remember your own Healthy Mind Platter; rest, downtime, connection, play, sleep and self-care are vital too. Supporting a child starts with supporting yourself.

Thank you for everything you do to make the holiday period safe, joyful and meaningful for your child.

# USEFUL LINKS

[smartphonefreechildhood.org](http://smartphonefreechildhood.org)

[www.moneysavingexpert.com/deals/food-and-drink/](http://www.moneysavingexpert.com/deals/food-and-drink/)

## HELPFUL PODCASTS

