

# NEWSLETTER

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## Dates for your Diary

Tuesday, 17<sup>th</sup> January - 9.30am  
**PARENT INFORMATION AND  
COFFEE MORNING**

Vicky Muschietti, a renowned psychologist will be coming to lead this session, discussing ways in which parents and carers can aid their wellbeing.

Being held at the primary site, all parents and carers within The Link School community are welcome to attend.

13<sup>th</sup> - 17<sup>th</sup> February  
**HALF TERM**

Friday, 17<sup>th</sup> March  
**Comic Relief - Red Nose Day**

**Mother Day's Afternoon  
Tea at the primary site -  
all welcome!**

## WELL-BEING



*Wellbeing is the state of being comfortable, healthy or happy.*

Here at The Link we place great emphasis on the wellbeing of the whole school community and we would like everyone to know about activities and strategies that can help them with their own wellbeing.

On the NHS website 5 steps to mental wellbeing are highlighted:

Connect with other people

Be physically active

Learn new skills

Give to others

Pay attention to the present moment (mindfulness)

We are currently running a series of sessions on 'Wellbeing' in our Parent Information and Coffee Mornings (PICMs) which are being led by Vicky Muschietti, a Clinical Psychologist, who we have been working with to support the wellbeing of our pupils and parents. The first session for parents highlighted the need for self-care and how we should try to look after ourselves if we are to help others.

*"Should an emergency situation occur, you need to put your own oxygen mask on first, before attempting to help those around you."*

We need to pay attention to what nourishes us and try to set aside time to complete these activities even if it is just for a few minutes each day. We may feel nourished by time with family and friends, walking or music.



*What is it that you miss doing or would like to do more of to help your wellbeing?*

One of the aims for our PICMs is for parents to connect with each other and members of staff. We hope that by coming into school for the wellbeing sessions that you will be able to share what helps to nourish you and in turn this will help support another member of the school community.

Our next Wellbeing Session is on **Tuesday 17<sup>th</sup> January at 9.15 am.** This session will include a recap on self-care, breathing techniques, thinking about use of time and sleep. We hope to see as many of you as possible.

## Being nourished

- Pay attention to what nourishes you
- Time with family and friends
- Walking - where you just see nature
- Music - how does it help you get in the right state?
- 



## **WHAT'S BEEN HAPPENING AT THE SECONDARY SITE?**

On Wednesday 11<sup>th</sup> January, three classes from The Link School were fortunate enough to visit Selhurst Park, the home ground of Crystal Palace FC.

We were greeted at reception by the club's Community Officer, Patrick, who took us on a tour of the ground.



First stop was the home team's dressing room. Students were able to sit in the same seats as their favourite players and see where they prepare themselves before the big games.



After that we were then lucky enough to visit the coach, Patrick Viera's game day suite.

We then headed off to the press room and interview rooms, where students were able to conduct a mock game day interview.



The highlight of the trip was heading down to the sacred pitch and being able to sit in the dugout. The students got to imagine what it must be like to be a professional footballer during a game, sitting on the side-lines and being close to the action.



Thanks to Patrick and all the team at Crystal Palace for looking after us. They have definitely gained a few more fans among our students!

## WHAT'S BEEN HAPPENING AT THE PRIMARY SITE?

It's always a joy to see our pupils enjoying their riding lessons at The Diamond Centre, especially from such a young age. Luca from Acorn Class is thoroughly enjoying his weekly sessions, as are all of our horse riders. A lovely opportunity for our young riders, who all gain something out of their sessions, whether it's physical sensory, education of communicative benefits and as The Diamond Centre always say - the sessions put a smile on everyone's faces!



Our child centred approach means we adapt the curriculum to suit each individual child's needs. It goes without saying that our pupils are all equally valued, but are all unique. All of our teachers and therapists use many different

approaches in our work with the children. But you can be sure that whatever the approach or where ever the exercise is carried out, it is structured for the particular child's individual needs, resulting in happy participation.



Beech Class continue to enjoy their social skills trip and recently visited Carshalton Pond, where they enjoyed feeding the ducks and swans. These trips are so important, leading to increased team work, communication, access to the community - all whilst building on friendships within the group.

