



# THE HOLMEWOOD SCHOOL



National  
Autistic  
Society

Accredited  
Advanced  
2020



## Newsletter

### Friday 04 March 2022

Dear Families,

We've had a busy week here at Holmewood, celebrating World Book Day a little early on Tuesday, and then a group of KS3 students off on their first residential trip on Wednesday. I've very much enjoyed seeing their photos over the last few days and can't wait to hear all about their adventures on Monday next week.

Our two new students have settled in well and we welcome both Eloise and Jacob and their families. Thank you to all the students for making them feel so welcome.

This week, through my World Book Day costume (see photo) I decided to share with students some news I've been keeping to myself.

If they haven't returned home and filled you in, I'm sure you will be happy to hear that despite some of the suggestions from students as to what is 'arriving in July' (of which my favourite suggestion was 'a Boris Johnson costume'....because I'm sure we've all got one of those on order arriving in July??), I am in fact expecting a *baby* this summer.



Some of you will remember and know about my past pregnancies and how I lost my little

girl Lily three years ago. It's been an anxious time for me and I was overwhelmed with the lovely thoughts and messages this week from students and parents who supported me through that difficult time. I've left my announcement as late as I could but things are going well and if it stays that way, baby is booked in to be born on 18th July (first day of the summer holidays!). I will do my very best to keep going right up to the end of the school year but my wonderful Senior team are far more likely than me to be leading on the range of July events! However, I aim to be present at them and hope to see some of you there before I go on leave.

As you know, I am always well prepared and organised so I do have a plan for my leave which is currently with the governing body for approval. I aim to share this with you some time after Easter.

On the topic of babies, congratulations go to Mr Murphy who became a father this weekend. His daughter Niamh is doing very well.

Best wishes to you all for a lovely weekend. The sun appears to be shining as I write and I hope it stays that way so we can all get outside.

**Ms Camilleri**

Executive Head Teacher

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## Dates For Your Diary

- **Mon 14th - Fri 18th Mar** - STEM week
  - **Mon 21st - Fri 25th Mar** - World Autism Awareness Week (WAAW)
  - **Fri 25th Mar** - End of spring term
  - **Mon 18th Apr** - Bank holiday
  - **Tues 19 Apr** - Inset day
  - **Wed 20th Apr** - Summer term (1st half) starts
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## Ukraine Refugee Appeal

Dear Families,

Sadly the terrible war in Ukraine is continuing and has currently resulted in almost half a million women and children being forced to seek refuge in Poland as well as thousands of deaths.

Several staff at The Holmewood School

are looking for ways to help. Ms Camilleri's cousin has a Ukrainian friend who has a large lorry leaving the UK to take donations to Ukraine.

To the right you will see a little flyer that he has put together detailing 2 collection points (East and North London) if you'd like to donate anything.

**HOW YOU CAN HELP/  
DONATE TO UKRAINE**

Friends are collecting donations and sending by lorry to Ukraine. There are two addresses you can donate to in London:

**Barking**  
IG11 0RJ  
0781011110  
0786984141  
07578080575

**Enfield**  
EN2 7HX  
07908908590  
07473779996

If you would like to do bank transfer:

20-34-69  
13918572  
Tetyana Perchyk

In addition, Ms Lyon's partner is willing to take any donations to one of these collection points if it is easier for you to bring things to the school. If you'd like to send your donations to the school please bring them to the Lower School site only (Woodside Park) by Friday next week as he is planning to deliver them on Saturday. It seems that the following items are particularly in need:

- Camping mats
- Sleeping bags
- Warm heavy blankets
- Hot water bottles
- Flasks
- Thermal base layers (ideally mens)
- Thick walking socks (ideally mens)
- Backpacks (hiking ones)
- First aid kits
- Foil blankets
- First aid kits
- Paracetamol / ibuprofen / all pain killers, all over the counter meds such as cold and flu stuff, imodium. In pill form not bottles
- Protein bars
- Energy gels
- Sanitary products
- Nappies
- Baby powdered milk
- If anyone has any protective equipment e.g. old army helmets/protective vests/steel toe capped or sturdy boots that would be most welcome

There are also more public appeals that you can donate to such as [The British Red Cross](#).

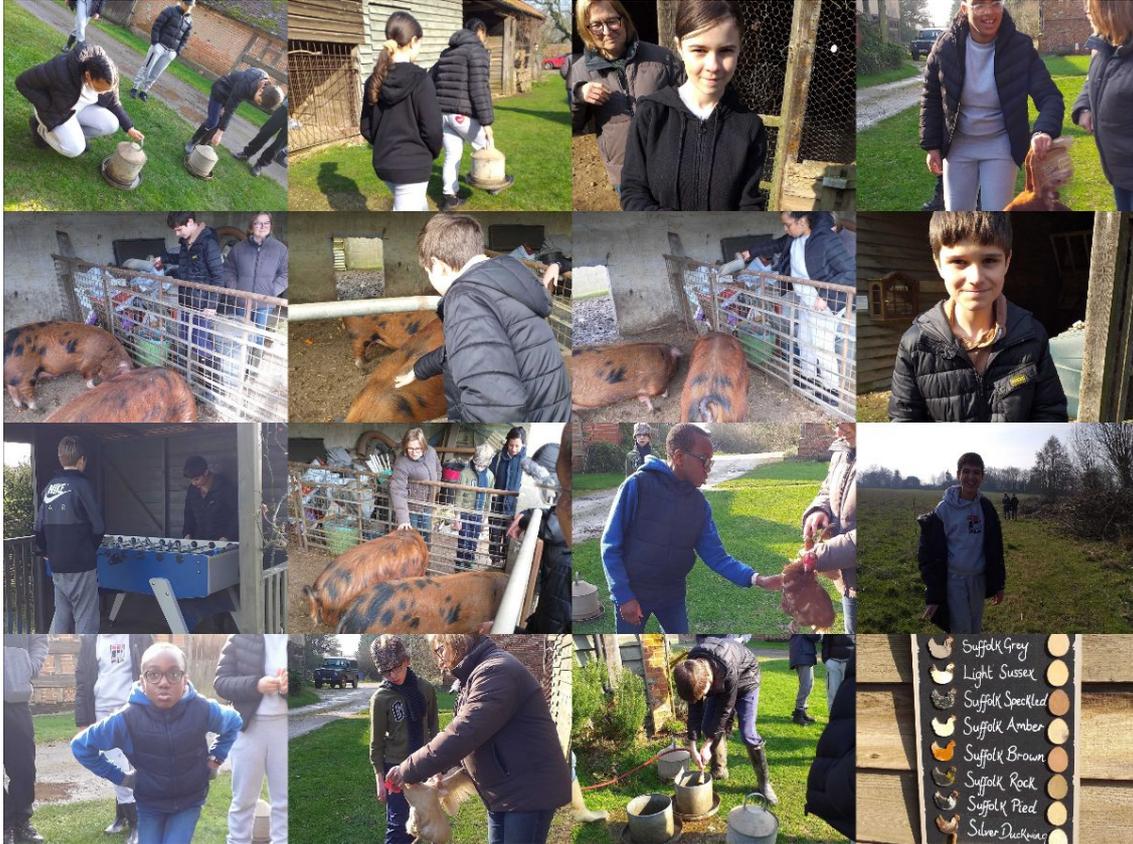
Finally, for our students we have created a Social Story about the war in Ukraine. Please feel free to go through this with your child. Click: [Ukraine Social Story](#).

**Ms Camilleri**

Executive Head Teacher

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## Milden Hall Residential Trip Update



I am writing this from the farmhouse kitchen at Milden Hall in Suffolk, sitting with a cup of tea and Ms Lempaszek as we listen to the kids upstairs in the snug chatting and laughing with their friends. We have just come back from a hike in the woods. I can hear the familiar sound of Connect 4 as Natty and Huxley play together. Luca is finding never ending places to hide, Dylan is making herself a cup of tea as I type, Mariah is telling Ms Brito what she found in the pond, Ekin is shouting about how delicious Juliet's carrot cake is and Tomisin has somehow managed to curl up on the sofa amidst all of this and is quietly sleeping, exhausted by all the fresh air on the farm, surrounded by his friends.

The objectives of this residential were very simple. For our students to spend time with their friends and have fun. That was it and as I listen to the sounds from upstairs I'm very glad I kept it so simple.



Today, we have collected the eggs from the chickens, visited the pigs, learned about food miles and the value of our choices when it comes to eating meat. We ate delicious sausages from the farm for breakfast, the kids made their own lunch before pond dipping and mini beast hunting in the woods. They have also learned how to make toast. How to pour the milk into their cereal. How to use a different shower without flooding the bathroom. What to do when you do flood the bathroom! Why this isn't a problem and not something to worry about. How to find their socks in the overflowing pile of clothes beside their bed. How to work out which ones are clean.. How to tolerate living in a house with their friends and tolerating all of their quirky habits. Some are enjoying their first adventure away from home. All relaxed and having fun, forgetting all of their anxieties the majority of them had before the trip.

Tonight they are excited to tuck into Juliet's homemade quiche. Last night so many of them tried her delicious lasagne and apple crumble made with lots of produce from the garden. Even those who 'hated' apple crumble and lasagne. Including Mr AT!

Sometimes the simplest things in life are the things we need the most and the things we have really missed.

From Ms D'Silva & the gang at Milden Hall in Suffolk.

## Tenacity

This week, a student came bursting into my office to inform me about how tenacious he had been. He had lost his Chromebook, he told me, and he had stopped at almost nothing to find it. In the end the laptop was found in the staffroom. Now, had it been me, I would have been annoyed by this fact because quite clearly there had been some adult

hijinks involved in the misplacement of the laptop. But this young person was not annoyed, but rather elated - not only did he have his laptop, but his teacher had also praised him for being tenacious.

The definition of tenacity is 'to be determined and persistent'. In today's world success is not a given and intelligence alone will not equate to success. We need to be willing to put in the work, to think of different and creative solutions to the inevitable problems we will face and to learn from our inevitable mistakes.

For many of our students, it has taken tenacity to just keep going. Many have experienced hardship brought about by their own, or other peoples' assumptions about what they can or cannot achieve. It's my humble opinion that if we focus on tenacity as a positive skill rather than strengths and deficits related to a diagnosis, we're likely to achieve at least what we had hoped to.

In my book, there's not much higher an accolade than being called tenacious and it fills me with pride that at Holmewood we value tenacity so highly.

### **Resilience Award**

Well done to Joshua Beckford who has won this month's resilience award. Josh has been gaining confidence and has been producing some great work in English.



Have a lovely weekend.

**Ms B Young**

Head of Upper School

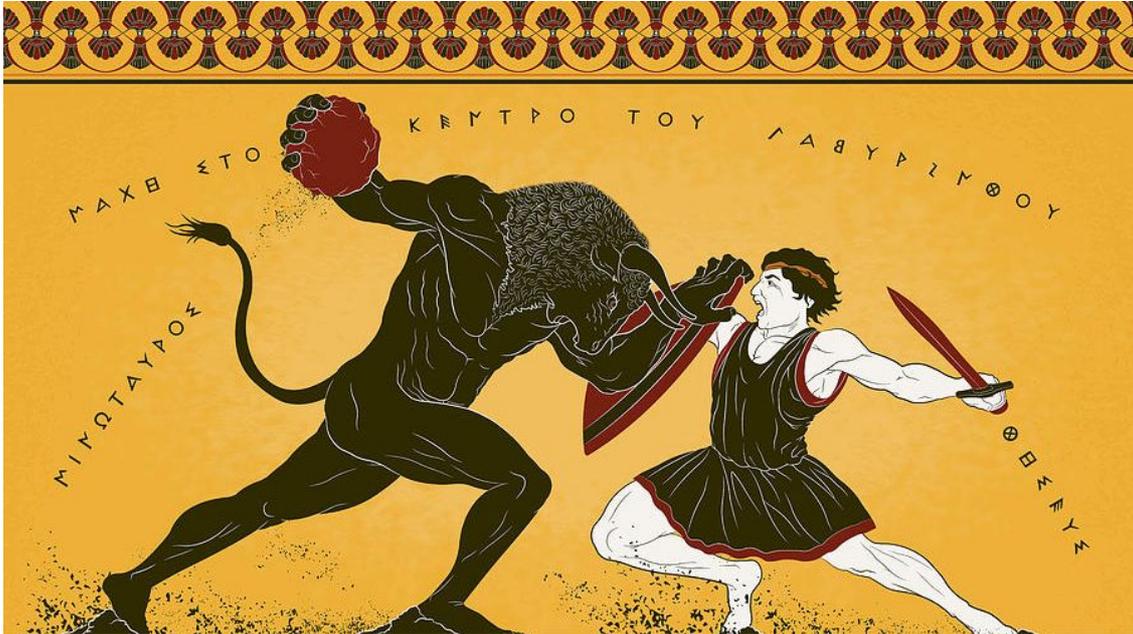


Welcome from District Class!

We have had an exciting start to the half term. We have had a new student, Jacob,

joining us, as well as a new member of staff, Ms. Martin. We have been visited previously by them both, and they have settled in very well.

In English, we have started our new topic of Greek Myths and Legends. The class wrote wonderful versions of Theseus and the Minotaur, and they are now working on creating their own mythical creatures.



In Science, we have been learning about life cycles of animals including humans, after completing our topic of electricity before half term. The class have been very engaged in our lessons and have been asking lots of questions.

In Maths, we have been learning about fractions and shapes; particularly triangles and quadrilaterals. Students have been thinking about the specific properties of the different shapes and using mathematical vocabulary to describe the shapes.

We have been learning about religions in Humanities, and thinking about different religious symbols associated with Christianity, Islam and Judaism. In PE, the class have started lessons on hockey.

The class are looking forward to their zoo trip for Art at the end of the term.

Have an enjoyable weekend!

**Ms Lutman**

District Class Teacher



Hello, Parents and Carers.

I hope you are all doing well.

As restrictions start to ease, we have been discussing trips we would like to go on as a class. It has been lovely to hear all of the ideas they have.

We have all spoken about how quickly February went and how Easter is going to be here before we know it. Until then, we have lots planned over the next few weeks which I am sure everyone is going to enjoy.

As mentioned in our last news article, Ediz will be taking over my job of writing the newsletter and updating you on our news in Metropolitan. Over to you, Ediz.

### News from Ediz

Hello! It is me Ediz and I am writing a newsletter for you which will be good and nice.

So, what do I say. Everything is going good and we have a good time at break time. I like to play chess in the hall and play with the lego with the other kids.

We had a really cool drink last week. It had bubbles in it with a fruit drink. I did not like the bubbles but Jaden and Chisom liked it. Guy did not want to try it but he tried it. I liked the orange bubbles but they felt funny in my mouth. Ms Perera told me it is called Bubble tea. Want to try one someday, it is nice.



In English we are learning about the wizard Harry Potter. I heard of this guy before but have not read the books. We are reading them in class though. There are a lot of words in the book but Ms Perera is explaining to us what they mean. My friends drew a wizard

as part of our writing. Here are some below to look at. They are nice and you will like them. That is all.

In Science we are learning about fossils and dinosaurs. My favourite is the T-rex but I have not asked my class what their favourite one is. We would like to go to the Natural History Museum some time to look at the dinosaurs there and have a good time. We can go to the cafe there and get lunch and pay for it with money.

Guy has made great dinosaur models for Art. I really like them and so do the teachers. I like the face and teeth. They are good.



So, this is my news. I am Ediz and no more thank you. Maybe one more.

Thank you so much for sharing all of this amazing news, Ediz! You did an amazing job! Well done.

As always, have a wonderful weekend.

Best wishes,

**Ms Perera**

Metropolitan Class Teacher

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## Reflexology At Holmewood

I am privileged to be treating some of the students in the Upper School and the staff on both sites to help bring about relaxation and to support their physical and mental health and wellbeing.

### **Finding calm in a chaotic world**

Reflexology is a gentle, non-invasive and calming therapy that is based on the principle that different points on the feet, hands, face and ears (known as reflex points), correspond with different areas of the body.

It involves applying pressure using thumbs and fingers to work these points to induce deep relaxation and to effect physical changes in the body.

The positive touch of Reflexology activates the release of the many 'happy' hormones and chemicals in the brain and body which can:

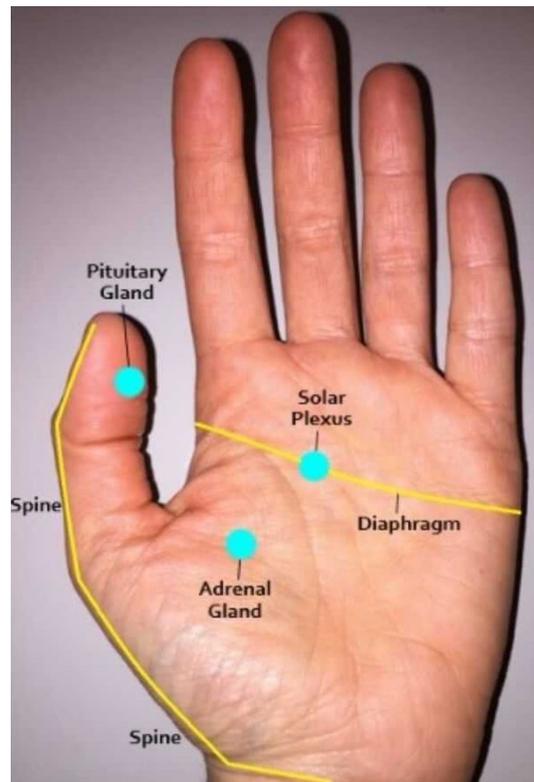
- Reduce stress and anxiety
- Improve and stabilise mood
- Reduce muscle tension, aches and pains
- Help with digestive issues
- Improve concentration and encourage engagement
- Boost self-esteem
- Improve sleep

### Self-treatment for Stress and Anxiety using Hand Reflexology

This diagram of the hand shows the location of reflex points to work on and the instructions to follow are below.

Before starting, apply a small amount of lotion or cream and rub into your hands and fingers.

Then work all the reflex points mentioned and be sure to work both hands, one after another, to bring about balance in the body.



The **Solar Plexus** is a complex collection of nerves that sits near the stomach. It is highly affected by stress so working this reflex regularly can really help to calm and balance the nervous system.

The **Solar Plexus Reflex** point is located in line with the middle finger, below the knuckles on the palm side. Push in with your thumb from the opposite hand and make small circles. You can also press the reflex point whilst taking in a deep breath, then hold your breath and the reflex for a short period before exhaling and releasing the pressure. Do this several times on each hand to encourage relaxation.

The **Pituitary Gland** is considered to be the 'master gland' as it controls the secretion of almost every hormone in the body.

The **Pituitary Reflex** point is located in the middle of each thumb print. Push the reflex with your thumb from the opposite hand, applying medium pressure into the centre of the reflex for about 10 seconds.

The **Diaphragm** separates the chest and abdominal cavity and it can be tight when feeling stressed. When it's tense your lungs can't easily expand which can result in shallow breathing. Working the reflex can encourage deep breathing, induce relaxation and calmness.

The **Diaphragm Reflex** is located palm side, just below the knuckles. Thumb walk or slide across the yellow line shown with your thumb from the opposite hand, medium pressure 3 to 5 times.

Your **Adrenal Glands** will be working overtime when stressed. Your adrenals produce stress hormones called adrenaline and cortisol which trigger the 'fight or flight' response.

The **Adrenal Reflex** point is located half way between the tip of your thumb and your wrist in the webbing area under the index finger and may well be tender. Push in with your thumb from the opposite hand and make small circles for 15 seconds, to help reduce your overall level of stress.

The **Spine** houses the spinal cord and is part of the central nervous system. It forms a vital link between the brain and the rest of the body.

The **Spine Reflex** runs down the outer edge of the thumb round to the wrist crease, as indicated by the yellow line. With your fingers or thumb from the opposite hand, gently glide or finger walk up and down this area 3 to 5 times to bring about calm in your body.

I hope you find these self-help techniques useful.

**Ms Lichtenstein**

Reflexologist

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## **Study and Memory Skills**

**How to help your students study in school**

**Helping your child at home**

**Memory techniques to aid learning and revision**

**Ideas for use in primary and secondary schools**

**Spelling strategies that work**

**Coping with test and exam nerves**

Our termly meeting for all will be presented by

**Beverley Kafka**

a Specialist Teacher and Assessor for people with Specific Learning Difficulties

Parents and professionals welcome.

**When: Wednesday 16<sup>th</sup> March 2022**

**Time: 7.30pm – 9pm**

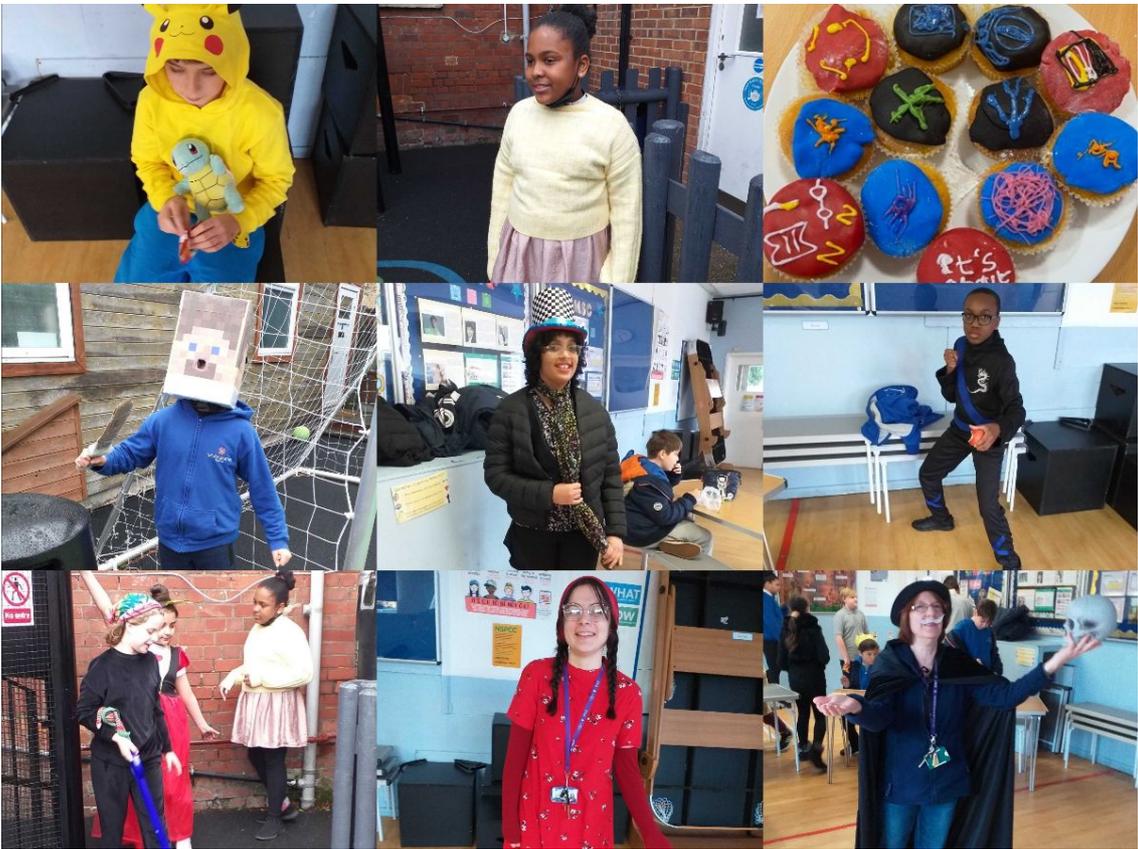
**Cost: £5, payable in advance Venue: Via Zoom**

**To book a place, please email:  
mail@beverleykafka.com**

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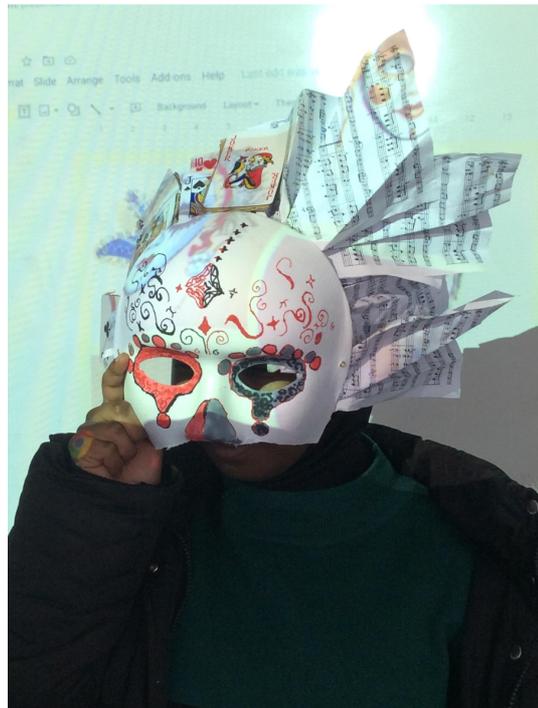
**The Holmewood Gallery**











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## Designated Team For Child Protection And Safeguarding

If you are a student and have been harmed, or are at risk of harm, these are the people who can help. You can also talk to us if you are worried that another student is at risk of harm.

Lower School			
			
Ms D'Silva (Assistant Head and Lead Designated Safeguarding Officer for Lower School, Level 3)	Ms Lemposzek (Head of Welfare & Behaviour, Deputy DSO for Lower School, Level 3)	Mr Gibbs (Humanities & PSHE Teacher, Deputy DSO for Lower School, Level 3)	Ms Camilleri (Executive Head, CEOP Ambassador and Deputy DSO, Level 3)
Upper School			
			
Mr Lamb (Deputy Head and Lead Designated Safeguarding Officer for Upper School, Level 3)	Ms Young (Head of School and Deputy DSO, Level 3)	Ms Young (Assistant Head and Deputy DSO, Level 3)	Ms Camilleri (Executive Head, CEOP Ambassador and Deputy DSO, Level 3)

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