




<p>JANUARY AWARENESS CAMPAIGNS: Whole month is Veganuary (encouraging people to eat less meat, or even try full vegetarianism or veganism) and Dry January (encouraging those who consume too much alcohol to abstain for a month for positive health benefits) (both UK) It is also International Walk Your Dog month which promotes the benefits of dog-human companionship and mental health.</p> <p>18th January is Winnie the Pooh Day (UK) 19th January is ‘World Religion Day’ (international) 20th January is ‘Brew Monday’ run by the Samaritans – encouraging people to start coffee mornings for mental health UK The 20th is the third Monday in January and statistically is thought to be a day of greater depression triggers, known in the UK as ‘Blue Monday’ so the Samaritans are hoping to buck this trend. (It is also in the UK the start of Cervical Cancer Awareness week, Sugar Awareness Week and Energy Saving week) 21st January – National Hugs Day (international) – trying to reduce loneliness and promote positive physical contact 27th January – UK Holocaust Memorial Day 30th January – Young Carers Awareness Day</p>			<p>Column for parent notes / parent calendar</p>
6	Monday		
7	Tuesday	SCHOOL INSET	
8	Wednesday	SCHOOL INSET	
9	Thursday	First day of the Spring Term ; settling back day 1	
10	Friday	Settling back day 2	
11	Saturday		
12	Sunday		
13	Monday	(BB: R-out-es services re-open)	
14	Tuesday		




15	Wednesday		
16	Thursday	Visiting geography demonstration – river erosion and augmentation 12:00 – 15:00 for all of the lower school	
17	Friday		
18	Saturday		
19	Sunday		
20	Monday		
21	Tuesday		
22	Wednesday	BB/ Arun Court - Bev will be running a special arts afternoon on Wednesday at Unit 8 to mark Chinese New Year – specific children known to enjoy art will be invited to attend	
23	Thursday		




24	Friday		
25	Saturday	(Chinese New Year)	
26	Sunday		
27	Monday 	1)Arun Court: Students will have special lessons around the Holocaust on this day and a moment of quiet reflection 2)ARUN COURT MOCK GCSE EXAM WEEK (1 X EXAM PER DAY) – upper school, selected students only	
28	Tuesday	(1 x mock GCSE exam)	
29	Wednesday	(1 x mock GCSE exam)	
30	Thursday	(1 x mock GCSE exam)	
31	Friday	(1 x mock GCSE exam)	



FEBRUARY AWARENESS CAMPAIGNS:		
February is LGBT History month in the UK		
The first week in February is National Story Telling Week (UK)		
2 nd February is World Wetlands Day (International)		
3 rd February is Sexual Violence Awareness day (UK) and Sign to Sing Day (UK)		
3 rd February also marks the start of children’s mental health week and School’s Football week in the UK		
6 th February is Time to Talk Day (UK) – promoting open discussion around mental health in schools and the workplace		
7 th February is ‘wear red day’ in support of children’s heart surgery services (UK) and also marks the NSPCC’s 20 th Birthday and ‘numbers Day’ fundraising campaign		
11th February is Safer Internet Day (international) and International Women in Science Day		
01	Saturday	FEBRUARY
02	Sunday	
03	Monday	(BB: First week of new R-out-es opening hours: M,T,W) Afternoon massage & meditation sessions for students at Arun Court – start regularly on Mondays from today, providing new chairs have arrived
04	Tuesday	
05	Wednesday 	Arun Court - Story-telling Fika Session 14:30 – 16:00 today for students




06	Thursday	Guest visitor Satveer Najeer will be carrying out parent and student workshops on the subject of self-injury and also suicide prevention. This is a ticketed event for up to 8 adults plus related students – please request tickets soon if this is a subject that applies to you, but you must be willing to commit to attending the session. Parents can attend without their young person if you feel it isn't appropriate for the young person to attend, but parents must not cancel. Session from 14:45 – 16:00	
07	Friday		
08	Saturday	Bev – undertaking additional leather craft training	
09	Sunday		
10	Monday	Afternoon massage & meditation sessions for students at Arun Court	
11	Tuesday 	Arun Court – there will be specific lessons on internet safety today within usual classes	
12	Wednesday		
13	Thursday		
14	Friday		



15	Saturday		
16	Sunday		
17	Monday		
18	Tuesday	February Half Term Holiday	
19	Wednesday		
20	Thursday		
21	Friday		
22	Saturday		
23	Sunday		
24	Monday	Arun Court FIRST DAY OF NEW HOURS – ALL STUDENTS 10:00 TO 16:00 Arun Court FIRST WEEK OF NEW PICNIC MEALS STRUCTURE Arun Court FIRST WEEK OF NEW CLUBS/ PARENT & STUDENT SESSIONS: Mondays 4:20 – 5:20 Warhammer Club whilst parent support session runs Wednesdays 4:20 – 5:20 Mindfulness & well-being for young people with their parent Today: Warhammer Club and parent/relative/family friend support meeting 16:20 – 17:20 Afternoon massage & meditation sessions for students at Arun Court	




25	Tuesday	(Pancake Day) Arun Court- Surrey University visiting us to present 'nutritional needs' workshop	
26	Wednesday 	(start of Lent) Arun Court - During P.S.H.C.E sessions this week there will be lessons on LGBT awareness, diversity and the world picture of LGBT rights 16:20 – 17:20 Mindfulness & well-being session for young people with their parent/relative/family friend 14:30 A selected group of students will be attending (accompanied) an Adult Education course on Fantasy drawing to be held at Big Bear – by invitation only	
27	Thursday	Afternoon 5-a-side football lessons start for the lower school at Guildford Spectrum – To be confirmed, more details to follow	
28	Friday		
29	Saturday		




MARCH AWARENESS CAMPAIGNS:




Walk all over Cancer 2020 – 10,000 steps a day fundraiser (UK)
 Ovarian Cancer awareness month (UK) Marie Curie Daffodils month (UK) & **‘Walk over Cancer’ month (UK)**
 1st March is International Self-injury awareness day (UK)
 2nd March marks the start of Eating disorders Awareness Week (UK) and International Speech and Language Therapy week
 5th March – University Mental Health Day (UK) and is also **World Book Day (international)**
 8th March is International Women’s Day
 9th March is Sports Relief UK
 11th March – National No Smoking Day (UK)
13th March is world Sleep Day (International)
 16th March marks the start of International Nutrition and hydration week
 20th March is both Happiness Day (international) and National Skipping Day (UK)
 21st March is both International Forests Day and **World Poetry Day (international)**
 23rd March is National Complementary Therapies Day (UK)
 30th March is World Bi-polar Awareness Day and the start of World Autism Awareness Week

01	Sunday	MARCH (St David’s Day)	
02	Monday 	<p>Arun Court will be stepping up the amount of walking carried out this whole month with students charting their progress and raising sponsorship for Walk over Cancer. Each student needs to aim for 10,000 steps per school day.</p> <p>Afternoon massage & meditation sessions for students at Arun Court</p> <p>Today: Warhammer Club and parent/relative/family friend support meeting 16:20 – 17:20</p>	
03	Tuesday	Arun Court Upper School students to attend the National Apprenticeships show at Sandown 7 spaces allocated on interest and suitability	




04	Wednesday	<p>16:20 – 17:20 Mindfulness & well-being session for young people with their parent/relative/family friend</p> <p>14:30 A selected group of students will be attending (accompanied) an Adult Education course on Fantasy drawing to be held at Big Bear – by invitation only</p>	
05	Thursday 	<p>Arun Court for World Book Day we will be holding an event but not dressing up! Details to follow from Gillian.</p> <p>Afternoon 5-a-side football lessons for the lower school at Guildford Spectrum – To be confirmed, more details to follow</p>	
06	Friday		
07	Saturday		
08	Sunday		
09	Monday	<p>Afternoon massage & meditation sessions for students at Arun Court</p> <p>Today: Warhammer Club and parent/relative/family friend support meeting 16:20 – 17:20</p>	
10	Tuesday		



11	Wednesday	<p>16:20 – 17:20 Mindfulness & well-being session for young people with their parent/relative/family friend</p> <p>14:30 A selected group of students will be attending (accompanied) an Adult Education course on Fantasy drawing to be held at Big Bear – by invitation only</p>	
12	Thursday	<p>Afternoon 5-a-side football lessons for the lower school at Guildford Spectrum – To be confirmed, more details to follow</p>	
13	Friday 	<p>Arun Court: To mark World Sleep Day we will be producing a guide for families plus students will come in in pyjamas / lounge wear for a relaxation themed day – for more information or advice please see Hannah</p>	
14	Saturday		
15	Sunday		
16	Monday 	<p>Arun Court will integrate special lessons on nutrition and hydration into Biology sessions this week for more information please see Chris</p> <p>Afternoon massage & meditation sessions for students at Arun Court</p> <p>Today: Warhammer Club and parent/relative/family friend support meeting 16:20 – 17:20</p>	
17	Tuesday 	<p>(St Patrick's Day) Arun Court Students can dress in green, wear shamrocks etc to celebrate with our two popular Irish staff members today!</p>	




18	Wednesday	<p>16:20 – 17:20 Mindfulness & well-being session for young people with their parent/relative/family friend</p> <p>14:30 A selected group of students will be attending (accompanied) an Adult Education course on Fantasy drawing to be held at Big Bear – by invitation only</p>	
19	Thursday 	<p>Arun Court: Ahead of World Poetry Day on Saturday Bev will be working with students in well-being sessions on using poetry, art and journaling to support their mental health</p> <p>Afternoon 5-a-side football lessons for the lower school at Guildford Spectrum – To be confirmed, more details to follow</p>	
20	Friday		
21	Saturday		
22	Sunday		
23	Monday	<p>Afternoon massage & meditation sessions for students at Arun Court</p> <p>Today: Warhammer Club and parent/relative/family friend support meeting 16:20 – 17:20</p>	
24	Tuesday		



25	Wednesday	<p>16:20 – 17:20 Mindfulness & well-being session for young people with their parent/relative/family friend</p> <p>14:30 A selected group of students will be attending (accompanied) an Adult Education course on Fantasy drawing to be held at Big Bear – by invitation only</p>	
26	Thursday	<p>Arun Court School Full Governing Body Meeting 6:30 – 8:30</p> <p>Afternoon 5-a-side football lessons for the lower school at Guildford Spectrum – To be confirmed, more details to follow</p>	
27	Friday		
28	Saturday		
29	Sunday		
30	Monday	<p>Reports home to Parents (Arun Court and R-out-es)</p> <p>Afternoon massage & meditation sessions for students at Arun Court</p> <p>Today: Warhammer Club and parent/relative/family friend support meeting 16:20 – 17:20</p>	



31	Tuesday	If you would like an opportunity to discuss your young person’s progress or their school report please contact us today and appointments will be made for tomorrow (Wednesday 01) or the start of the new term.	
01	Wednesday START OF APRIL	<p>16:20 – 17:20 Mindfulness & well-being session for young people with their parent/relative/family friend</p> <p>14:30 A selected group of students will be attending (accompanied) an Adult Education course on Fantasy drawing to be held at Big Bear – by invitation only</p>	
02	Thursday 	<p>Last day of term</p> <p>ARUN COURT SPRING FAYRE for our families and the general public – save the date! This will be a fundraiser for resources requested by the students – please come along and support us if you can! Craft stalls, free refreshments, well-being stalls and activities for all! To be held at the Big Bear offices, Unit 8, Bramley Business Park (due to disabled access)</p>	
03	Friday	EASTER HOLIDAYS – FIRST DAY BACK IS MONDAY 20TH APRIL	
04	Saturday		
05	Sunday		



Dear Parents and Carers,

We hope that you had a lovely Christmas break and would like to take this opportunity to wish you a Happy 2020! Please use the attached dates list as a calendar and add to it as further dates are released. We look forward to seeing you at the family events and hope that the students will be excited about the various opportunities they will have over the next 12 weeks.

Best wishes

Beverley-Sarah White and the Arun Court team

A special well done to Lily-May Garside who gave up a day of her Christmas holiday to join a small group of our staff to become qualified Indian Head Massage practitioners. Lily-May passed with flying colours and at 16 has a professional, insurable qualification.



Well done to the upper school representatives who organised the Christmas Fayre. Oscar and his team, along with all the students in the school who made craft items, raised over £130 for Cancer Research!

New Lunch Time Clubs just for students 12:25 – 13:50

These clubs start next week

- Mondays – Debating & discussion society (certification also available)
- Tuesdays - Manga art club (certification also available)
- Wednesdays - Gospel/Jazz Choir (certification also available)
- Thursdays – (Picnic lunch day after half term)
- Fridays – Board Games Club

After School Parent & Student Clubs (Free to Arun Court students and parents)

- Mondays 4:20 – 5:20 Warhammer Club whilst parent support session runs for accompanying parent.
- Wednesdays 4:20 – 5:20 Mindfulness & well-being for young people with their parent

These clubs start after half term. Specific students from outside the school will also be invited to attend, thus increasing the number of parents at the meetings and also allowing our students the opportunity to widen their friendship groups.

During the first half of this term there are no planned parent support meetings, but Hannah is happy to make 1:1 appointments for those families needing support or a chance to talk – contact her via the school office.



Important changes after half term – please read me!

Following our highly successful Ofsted we are keen to look in detail at the themes from both student and parent feedback, both from the inspection process itself and from the school development planning evening. We know that the ‘perfect school’ for each individual doesn’t exist, but where we can make reasonable changes to help the majority we always try to. We’ve therefore put the following changes in place:

Transport, which is out of our control, continues to be a difficult area for several students. Whilst we wanted a staged drop off to help with local traffic and parking, we’ve got several drivers who sit for up to an hour in the car park blocking other users due to their timetables. One driver feels that the difference the half hour makes to traffic is considerable, and that if he was able to get away at 16:00 it would be less stressful for the occupants. Several older students have also remarked that they find the last half hour of the day really challenging and would prefer to start a little earlier and finish at 16:00. This would also mean that students from upper and lower could share taxi services, potentially making it easier for Surrey transport.

We are therefore changing the hours for all ages of student to 10:00 – 16:00 after half term. Next academic year we also hope to start our first school mini-bus transport run provided by the school, and staffed with a mentor as well as a driver, but this is currently at the planning stage – more details to follow.

Last term the café had to suddenly close due to a leaking pipe and staff organised a buffet lunch for students instead. The picnic buffet was very successful and students really enjoyed prepping the food together and trying new meal ideas. **After half term we will therefore have one day at the café on a Wednesday, with a picnic lunch provided by the school on a Thursday.** Both will still have a social skills, manners and O.T agenda.

Last term specific parent workshops were well attended, but the regular support group struggled to maintain membership. After half term we are trying a new approach with a combined club offer. **After half term we are opening out the new support group to different family members, so if you are working you can send an auntie, grandparent, uncle or family friend who is actively involved with the student. We are also opening the support group out to consultancy clients from our sister services and to Surrey LEA / CAHMs referrals. Beverley-Sarah will also be more actively involved in the groups after half term, along with Hannah.**



Physical Education & National Walk All Over Cancer Campaign

Please make sure that students **have trainers and a suitable top plus track suit bottoms or leggings in school at all times**. In March we will be taking the whole month to achieve the ‘10,000 steps a day’ event in aid of cancer research. 10,000 daily steps really can’t happen incidentally and during P.E in January and February all students will be taking part in both ‘Power’ and ‘Nordic’ walking techniques in order to build up their stamina and participation for this national event / competition. Last term P.E was often hampered by students only having healed shoes, sandals, wellies or jeans in school – which then means that staffing becomes an issue as P.E has been planned for but can’t be carried out as other students are not dressed to take part.

Physical Education is a curriculum subject and is not optional. We try really hard to accommodate student’s anxiety and avoid team-based sports until after the autumn term when students are more able to cope, but it is very important for mental health that you actively encourage your young person to take part in the physical activities on offer. Last term Vicki, who is our qualified secondary P.E and drama teacher, taught a series of yoga sessions which many students really benefitted from whilst others refused to take part. This now means that she will have to teach yoga in two ability level groups this half term as whilst some students made excellent progress, others have not tried the basic stances.

Next half term, in addition to the daily walking challenge, we will again be returning to the Spectrum for further group based sports sessions so it is important that the students get back into the swing of things before they re-start sessions that are more off site. We’ve included some information on both Nordic and Power walking so you can discuss these sessions further with your young person.



<https://www.cancerresearchuk.org/get-involved/find-an-event/walk-all-over-cancer>

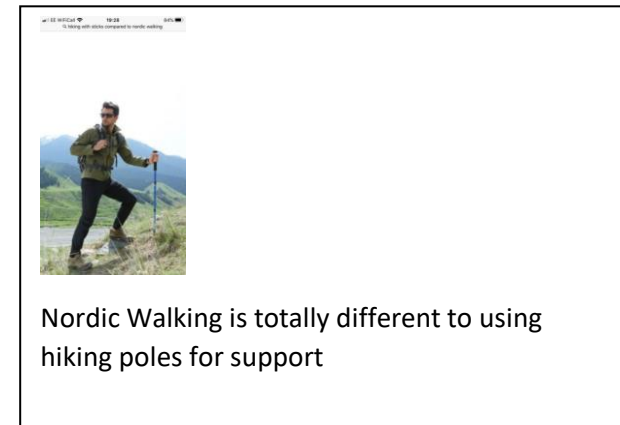
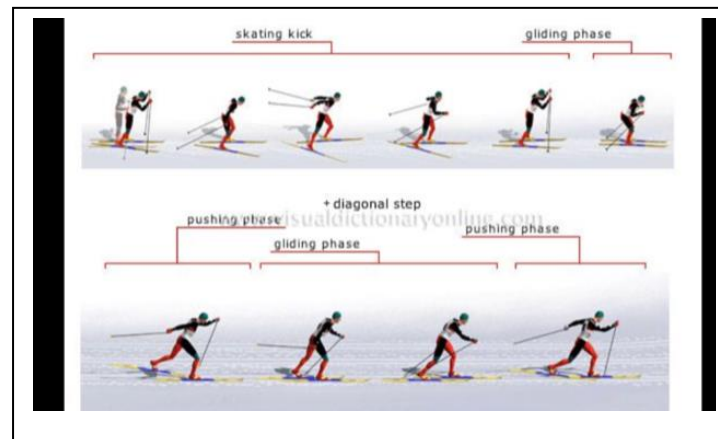
Walking – it's so much more than you might think!

Nordic walking is not just 'walking with poles' and is completely different to using trekking poles where the pole is used to support you over difficult terrain in an upwards position.

Nordic walking was developed in Finland to enable people to practise their cross-country ski technique out of season. The walking poles are shorter than cross country ski poles but they are used for propulsion, with skilled 'walkers' actually almost at running pace.

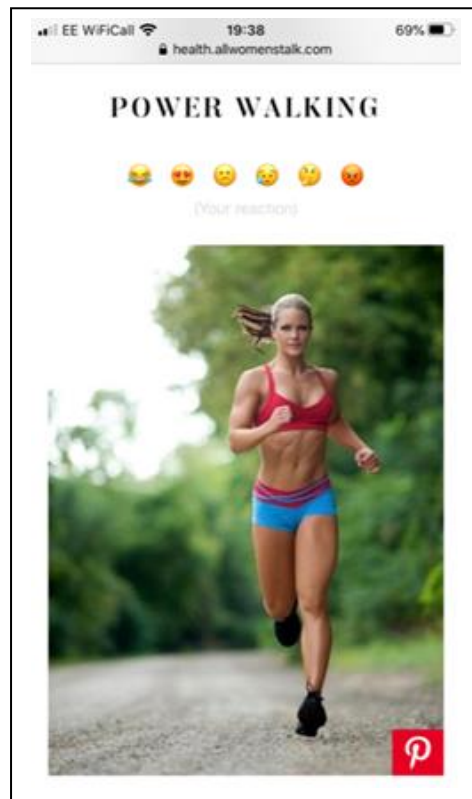
Nordic Walking is low impact on joints – provided students are taught the right technique and master it. When performed correctly it can also be a competitive sport, akin to race walking.

Nordic walking uses the same set of shoulder muscles as swimming, strengthens your core and improves your posture. Normal walking engages up to 50% of your muscles, Nordic Walking engages 90%. It burns 77% more calories than a normal fast paced walk.





Power or fitness walking is an aerobic exercise technique that engages 80% of muscle groups and has a particular focus on the arms and glutes. Walkers again, when proficient, maintain almost a jogging pace. You may have thought the lady below is running – she is in fact power walking. The difference is in the foot placement and technique – which again, unlike jogging, is much easier on the joints and spine. Walkers also maintain a fisted hand and ‘pumping’ action throughout, with a micro twist to the core.



In P.E lessons what will teachers be measuring?

Progress towards an accurate technique – to be able to go faster, you need to master the technique

Longevity – student stamina should increase. Both these types of walking, along with race walking, are long distance events

Muscle tone – students who take part will notice a rapid improvement in muscle tone and core strength

Improved posture – actually measurable via spine curvature and how the head is held

What if my child is gifted in this area?

Those students who show aptitude will have the opportunity to learn a third, much harder technique, of race walking. We are joining several societies and there will be opportunities in the summer for students to compete in events against other teenagers and adults if they would like to. So please encourage your young person to take part ... this may just be the sport they’ve been waiting for; low impact, low cost and very accessible.