

Olympus Newsletter

May 2024



Students Strive for Success

What is always wonderful at Olympus is looking at how hard some of our students strive for success. Every day students make staff proud.

Examinations for our year 11 and Pathways students have started and GCSEs in English, Maths, Science, Art and Media are all being taken, alongside Functional Skills examinations and Entry Level qualifications. Their conduct in exams is exemplary. Even with all the nerves and anxieties, our students have all worked to the best of their ability, we look forward to seeing how well they have performed.

This term we have seen great work in the classrooms and outside. The leadership team have been impressed seeing our students learning from our Aphrodite Class's enthusiasm in answering questions, to our Pathways students' diligence in Maths.

At Olympus our therapists and their work are very much part of our provision. In this Newsletter our therapists share a little 'snippet' about their work.

Please have a look at the Diary Dates. Parents' evening communication and Graduation day invites will follow shortly.

We hope you are having a great half term!

Christina Russell - Headteacher

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Continuing to Build

Our DT teacher said we had a bit of spare wood - so the building has continued from our year 11 DT group. They have built a wonderful bench in our outside Art area to make learning easier. Hopefully the table will be completed by our final Newsletter of the academic year.



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A snippet into the world of Dance and Movement

Q: What is Dance and Movement Psychotherapy?

A: DMP is the perfect way to express those feelings and/or thoughts in way that is maybe too difficult to speak about. The practice can be verbal or non-verbal shaped on the client's (student's) needs throughout the therapeutic process. A lot of people get put off by the word 'dance' because of the term stereotypes as a taught class and something they have to be 'amazing' at. Dance means different things to every-one, but movement, people who can move without restrictions (disabilities) forget how much movement their body does within a day. We often forget how much we communicate with our bodies; our hand gestures, our body language, and our posture—all can be way of communicating without use really being aware of it. **The body and mind are not separate, they are connected.** Most mental health experiences lead us to become less aware of this. DMP helps us connect them back.

Q: What does Dance and Movement Psychotherapy look like in an education?

A: DMP sessions slot right into the education setting. Young people who are neurodiverse understandably find it harder to concentrate on their education, DMP provides that safe environment, therapeutic space and built trust

for them to 'let it all out'—it creates a container where they can express themselves and open up in a safe space. DMP is a creative form of therapy so for a young person it removes that intensity, they can work through their difficulties through dance, movement, play, art or metaphorically. Which is the reason I as a practitioner believe it is perfect for young people who are still trying to find their voice and work out what everything in this world means. Words are sometimes just too hard.

Alisha Greaves - Dance & Movement Psychotherapist





A snippet into the world of Occupational Therapy

Q: What is the role of an Occupational Therapist (OT)?

A: To support people to develop the skills needed to independently complete what we call activities of daily living (ADLS).

ADLS are organised into three categories:

- 1) self-care such as getting dressed, doing hair, maintaining person hygiene
- 2) leisure such as sports, play and hobbies
- 3) productivity such as school and employment.

Occupational Therapists take a holistic approach (looking at the whole person) to assess the various factors that contribute to the person's needs. This includes physical, emotional, mental, social, sensory, and environmental factors.

Within the school SEMH setting key areas include:

- Transitioning e.g., moving from one task, class or setting to another
- Break time and play e.g., talking to others, engagement in PE & other activities.
- Life skills e.g., getting dressed for PE, eating lunch.
- School work e.g., following instructions, maintain attention on given task, cutting, sticking, handwriting, drawing, playing sport, computer work.

Various games and activities are used to develop some of the key skills needed to complete ADLS. For example, a game of connect 4 has a multipurpose for developing turn taking skills, eye hand coordination and can also be modified as a sensory regulation strategy to explore emotion. Occupational Therapy can take the form of direct or indirect work which can take place on an individual, group and/or whole school basis.

**Ebonee Ozkan -
Occupational Therapist**



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Maths at Pathways

Working at Olympus Pathways with our Key Stage 5 students is rewarding and exciting!

The teaching approach I have developed caters to learner's needs rather than their levels. This academic year I have had the opportunity to embed new strategies, such as experiential learning with the use of practical experiments when covering topics such as measuring temperature. Using the Chromebooks in a blended learning approach, helps support the development of the students' mathematical skills.

I have received positive feedback from students as learning is more independent, practical and students are given ownership of their education. Students sitting the Functional Skills Maths qualifications and GCSE Maths have been revising and eagerly awaiting their opportunity to sit their exams. Students have shown confidence, focus and resilience in this half term!

My learners have inspired me to do better each day and deliver the best Maths lessons. Each learner is unique and has proven that their needs do not define them but give them the drive to strive for excellence! It is my privilege to work with my students, who allow us, as teachers, to exercise the Horizon values of Compassionate (showing care and understanding), Dependable (being reliable and trustworthy), Collaborative (working together for a common goal), and Inspiring (motivating and encouraging others). I also want to thank all the parents and guardians for their continuous support and encouragement. Your involvement is crucial to our students' success, and we appreciate your partnership in their education. I look forward to further supporting and seeing my learners progress in their future endeavours with confidence in their Maths skills!

Ryan Sathe - Maths Teacher

Celebrating Success

As part of our assemblies each week we celebrate our students' successes through certificates and awards.

At school we have KS3 and KS4 students of the week, ½ term and term. The certificates this ½ term went to

School

Student of the Week -
Reniah and Ronnie.

Student of the Half Term -
Alfie and Steven.

Well done to all of you!

Pathways

Student of the Half Term -
George and Daniel
Congratulations 2 wins each!

Daniel has had the most winnings this Half Term - for his Outstanding work in History.



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Mental Health Awareness Week

On Thursday 16th May, Olympus joined in with the Wear It Green Day in support of Mental Health Awareness Week. Affirmation for all, 'I am strong. I am capable. I am important'. Staff and students wore green clothing and one staff member even had a pair of green shoes on. Can anyone guess who?

The week ended with key stage three participating in an assembly where some of the students shared their views and stories on mental health. Here are some useful websites to explore for further information and support:

<https://www.mentalhealth.org.uk/>

<https://www.youngminds.org.uk/>

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Therapists Go Green

Thursday 16th May was 'Wear it Green' day to mark the occasion. Affirmation for all, 'I am strong. I am capable. I am important'. Alisha and I rocked the green.

Ebonee - Occupational Therapist



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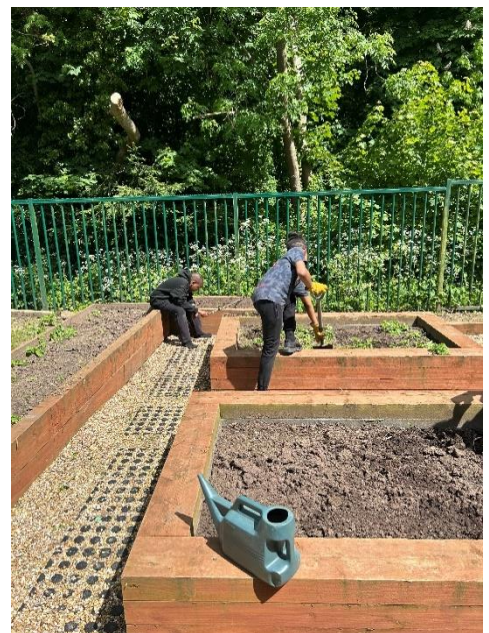


May Planting & Weeding



We have been busy in the Olympus horticulture area again with lots of weeding and planting. The year 7s joined me last Friday to get our beds prepared and scatter some seeds. It was not surprising some stayed out a little longer to enjoy the sunshine.

Christina Russell - Headteacher



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Working with Horizon Values

We have 4 Horizon values and this half term are sharing how some of our Staff at Pathways demonstrate our values.



Dependable

We are reliable and trustworthy, creating safe environments where young people can flourish, and colleagues can grow and we always keep our word.

Mimi's support for Max is unwavering! No matter where he is - college, work experience, exams, revision, Mimi is there! Day in, day out, rain or shine! Shelley is always in and always

ready to support wherever the need may take her.



Collaborative

We value our partnerships and work together to create innovative and sustainable solutions for young people.

Yve works with all students, in all subjects, in all circumstances! Covering everything from PSHE to Animal Care, plus making the hot lunches three times a week.



Compassionate

We listen, care and support with sincerity, empathy and kindness

Nickesha's heart and passion for her students is second to none. She puts their wellbeing and emotional needs at the heart of what she does, and advocates for her students till the end!



Inspiring

We promote a culture which is high in expectation, enabling our young people and colleagues to achieve their potential.

Ryan delivers lessons that are inspiring and challenging, fostering a love of Maths in all students he works with.

Dates for your Diary

June - Walk in the Woods - we will be walking a lot to raise money for charity. More information to follow. Please make sure your child has appropriate footwear.

Monday 3rd June - Students return to school

Monday 24th June - Parents' Evening

Monday 1st July - Parents' Evening

Friday 19th July - Graduation Afternoon

Monday 22nd & Tuesday 23rd July - Summer Trips

Wednesday 24th July - Celebration Assembly. School finishes at 12.30pm



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