

BURNSIDE SECONDARY PRU



Summer Term 2022/23

Dear parents and carers

We have come to the end of another really positive year for Burnside. We continue to be so proud of our students and their achievements. We love being part of the journey to support their transition back to mainstream or college, or even moving on to the next academic year with us. Every student is unique and brings something different to the Burnside community. Here are some of our summer term highlights:

Year 11 Exams and Post 16 college placements

Year 11 have completed their exams. They worked exceptionally hard and took their exams very seriously. Well done to all Year 11's and staff who taught and supported them.

All Year 11's have also successfully secured conditional post 16 placements for September. Thanks to Shayden for the advice and support provided with college applications.

Year 10 Work Experience

Almost all of our Year 10 cohort completed a 2 week work experience placement at the beginning of the summer term. Placements took place in construction, retail, schools, music studios and many more. We received some excellent feedback from employers. Particular thanks to Shayden and Jason for making this possible.

Reading

We have launched a reading programme this term called Accelerated Reader and have added more new books to our library. It has been a delight to see students reading in tutor time. Thanks to Yasmin for leading on this. A special well done to Jahfari for making such fantastic progress in reading.

UPCOMING DATES

Thursday 24th August:
Year 11 results day from 10am to 11:30am. We will also email you with your results.

Wednesday 6th September:
Student Review Day, where we would like parents/carers to come in with their son/daughter to review progress from the Summer Term and set targets for Autumn 1.

Thursday 7th September: Timetabled lessons will begin



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Hawkswood Group

Activities and Trips

This term KS3 students have been rowing every Friday afternoon. They have braved the water, even when the weather has not been the best. Students have also been making the most of the gym and working with our new ju-jitsu coach. We have had one reward and recognition trip this term to Woburn Safari Park and two more, at time of writing, are planned to Southend and the Science Museum. Thanks to Roger, Jason, Yasmin and Maggie.

Transitions

We have said goodbye to many students this term who have successfully transitioned back to mainstream school, with more students due to transition in September. They include Levi, Gracia, Elisei, Kemal, Tawhid, Ahmet, Shianne, Marian, Josef and Dom. We congratulate them all and wish them all the best for the future.

Inclusivity and raising awareness

We have celebrated Eid this term by having a special Eid lunch. Naheed, our Admin Officer, also set up an Eid stall, bringing in lots of lovely traditional Eid sweets for us to try as well as providing us with information about Eid.

We have also held a series of masculinity workshops for all boys in Year 10 to challenge stereotyped perceptions of males. These were very effective and engaging for all who took part. Thanks to Maggie for setting this up.

Thank a teacher day

Thanks to all of the students who wrote such lovely messages to both teachers and support staff. It really means a lot! Thanks to Yasmin for co-ordinating this.

Staff

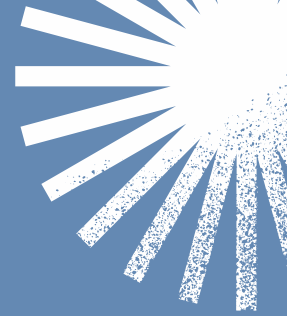
We have also said goodbye to two members of staff this term, Danielle and Saiful. We thank them for their contribution to the school.

We wish you all a very happy and safe summer break and continue to thank you for your ongoing support.

Best wishes

Liz Rattue

Head Teacher, Burnside Secondary PRU



Our key purpose



All of our students are prepared for either:

- A successful return to a mainstream school in Years 7-10.
- A successful transition to an alternative provision college in Year 10 or 11.
- A successful post-16 transition at the end of Year 11.

How do we achieve this?

We place equal emphasis on:

- Re-engagement
- Reading, Writing & Numeracy
- Enrichment, Wellbeing & Life Skills
- Careers Information and Guidance
- Meaningful assessment and feedback
- Teaching Academic and Life-skills
- Cultural Capital
- Re-integration & Transition



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Hawkwood Group



School Trips



Every Thursday Students from Burnside enjoy going to Edmonton Eagles, where Julian who is a licensed professional trainer coaches them in techniques skills, fitness and stamina.

Every Friday afternoon, students have enjoyed rowing, at the London Youth Rowing Club at the Royal Docks Adventure learning new skills from rowing, paddle boarding, and kayaking.



Celebrations



London Pride 2023

Pride is all about acceptance, equality and raising awareness of issues affecting the LGBTQ+ community.

It is a celebration of people coming together but also a protest against homophobia.

This is one of our Staff members volunteering as a steward at London Pride this year!



Eid Celebrations

On Friday 21st April 2023, Eid Al-Fitr marked the end of the Holy month of Ramadan for Muslims.

Ramadan is the name given to the ninth month in the Islamic calendar. In the case of Ramadan, people fast so that they can strengthen their bond with Allah. Marking the month long end of Ramadan and dawn-to-sunset fasting, Eid is a time of celebration.

The students at Burnside had the opportunity to join in the celebrations and learn more about this special festival as they enjoyed food, traditional sweets and henna, whilst Naheed organised and ran such an enjoyable, informative event.

EID Mubarak to all our families!



Year 11 Exam Results

Year 11 students will have their exam results emailed to them on Thursday 24th August and school will be open from 10 and 11.30am if you would like to come in and collect paper copies or speak to a member of staff.

Good Luck! Remember to stay positive! We all hope you get the grades you were wishing for!



Summer Holidays

We hope you all have a restful summer break and come back feeling refreshed and ready to start your new academic year.

Please have a look at the following local summer opportunities, activities, and career support available at the end of this newsletter.

If you have any enquiries do not hesitate to contact the School Office on:

0208 289 4740

Burnside Secondary School PRU

2 Burnside Ave

Chingford

E4 8YJ



BURNSIDE SECONDARY PRU

Safeguarding

For all new parents and old, I am the DSL at Burnside my name is Wendy Kelly , I am available to talk for any concerns or worries you may have around your child.

Holiday times can feel a bit stressful as children get bored but Waltham Forest website has tips and activities on there that may interest you and the family. www.walthamforest.gov.uk

**I am available in an emergency by email or phone:
wendy.kelly@hawkswoodgroup.org.uk 07810 436 859**

Online Safety...

HERE ARE OUR TOP FIVE TIPS FOR STAYING SAFE ONLINE:

- **BE NICE! ...**
- **DON'T POST ANYTHING ONLINE THAT YOU WOULDN'T WANT PEOPLE IN REAL LIFE TO SEE.**
- **CHECK YOUR PRIVACY AND SECURITY SETTINGS ON SOCIAL MEDIA SITES AND KEEP THEM AS PRIVATE AS POSSIBLE. ...**
- **DON'T EVER POST PERSONAL INFORMATION LIKE YOUR HOME ADDRESS, YOUR EMAIL OR YOUR PHONE NUMBER.**
- **IF YOU SEE SOMETHING ONLINE THAT WORRIES OR UPSETS YOU, TELL AN ADULT ABOUT IT STRAIGHT AWAY.**

NEED ADVICE?

FEELING LOW

WWW.KOOTH.COM

RELATIONSHIPS

Being abused

Self harm

BULLYING

Sexuality; gay, lesbian
or just confused

Eating disorder

Award-winning counselling services for young people

KOOTH.COM is a **FREE, ANONYMOUS, CONFIDENTIAL** website where young people can go for help.

- > Drop-in chats
- > Booked 1:1 sessions
- > Themed message forums and lots more

87% of our users prefer online counselling so visit www.kooth.com

KOOTH.com

FREE ONLINE SUPPORT FOR YOUNG PEOPLE



Hawkswood Group

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FEEL LIKE YOU
CAN'T SAY NO,
EVEN WHEN
SOMETHING
DOESN'T FEEL
RIGHT? IT'S
OKAY TO ASK
IS THIS **OK?**



BURNSIDE SECONDARY PRU



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns



BE THE CHANGE KIDS HOLIDAY CLUB

Scan the barcode



7th-18th Aug 2023 10AM-3PM

Heathcote School and Science College 96
Normanton Park, London E4 6ES

- DRAMA/SINGING ● FAMILY FUN ● GAMING ● COOKING
- SPORTS ● ARTS AND CRAFTS ● PODCASTING ● CREATIVE
- FREE FOR CHILDREN ELIGIBLE FOR FREE SCHOOL MEALS
- PAID PLACES AVAILABLE ● HOT MEALS ● CHILL ZONE

More info: www.breakthecycle.org

Call: 07535280467



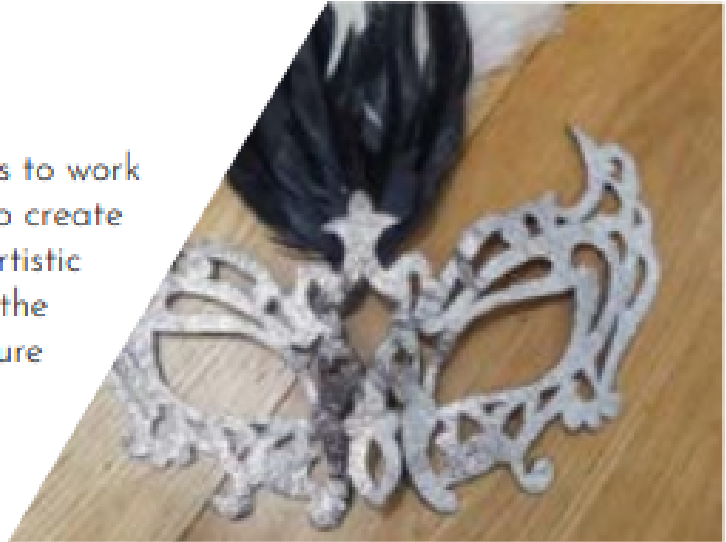
FREE CARNIVAL WORKSHOPS

Free Carnival workshops

Inspiration Arts invites you to participate in our Free Carnival arts workshops.

About Us

We use experienced workshop leaders to work with all members of the community to create an environment where cultural and artistic exchange is free flowing and reflects the ethos of real Caribbean carnival culture in the UK.



About The Workshop:

- Our skilled and lovely experts will guide you through the creative process step by step.
- No prior skill or experience is required just a willingness to learn!
- Join us and have the opportunity to create amazing masks and headdresses.

Join Us

Monday 17th July - Friday 21st July

Address: (W.F.A.L.S) Queens Road
97 Queens Road, London E17 8QR

Time: 12pm - 4pm

Monday 24th July - Friday 28th July

Address: The Junction Centre
2-4 Cathall Rd, London E11 4LF

Time: 12pm - 4pm



Hello, Parents & Guardians!

We are BeeZee Bodies, and we work with Waltham Forest Council to provide **FREE (and FUN!)** healthy lifestyle support for families. We run BeeZee Families courses after school across Waltham Forest, and have new groups beginning in September.

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE



BeeZee Academy

NEW

Summer holidays are a great opportunity to explore our new, exciting Academy! You and your family can learn, get support and play games for free!

<https://beezebodies.com/programs/families-academy>



Ready, Steady, Go!

*To be eligible for this awesome free service, your family must live/go to a school in Waltham Forest and include one child who is above their ideal healthy weight.



beezebodies.com

BeeZee Families

July is...

About preparing for the Summer Holidays!

With temperatures reaching up to 30oC in parts of the country, it is important to remain hydrated with water. Try and keep your fluid intake high and reduce the amount of fizzy, energy and caffeinated drinks as these can cause dehydration.



BUILD A HEALTHY PICNIC

CHOOSE YOUR CARBOHYDRATES

- Bread - Tortilla wraps - Chapattis - Flatbreads
- Pitta - Manesh/Lavash/Khohez - Pasta - Rice
- Yams/potato salad - Cassava - Naan

PICK YOUR PROTEINS

Leftover protein from dinner (e.g. meat, lentils, tofu or paneer) - Eggs - Tuna - Tinned beans or low sugar/salt baked beans - Cheese - Prawns

SELECT A SNACK

Cheese slices - Yogurt (try low fat and low sugar options) - Popcorn - Pita/carrots/cucumber with hummus • Grapes - Pepper slices - Raisins - Mix and match these to get all those nutrients in!

PACK SOME PLANTS

Frozen/tinned fruit and veg (just as nutritious as fresh!) - Adding sweetcorn to tuna - Bean salad - Prepare and chill a salad with lettuce, spinach and/or watercress



03308 186308



Waltham Forest

Summer 2023 careers support for school/college leavers and parents & carers

Waltham Forest Council [Your Future, Your Choice Post 16 options e-brochure](#) is designed to support year 11 & 12 leavers, and parents and carers, with post 16 options for 2023.

Waltham Forest Council Your Future, Your Choice online events to support Post 16 Options

The 16-17 Participation Service is pleased to launch a series of webinars designed to increase awareness of the Post 16 opportunities available. Topics covered will be aimed at year 11 & 12 leavers, unemployed young people and parents and carers:

- Post 16 options 31st August
- Applying for Apprenticeships 13th July & 10th August
- Application forms 20th July
- CVs 22nd June & 27th July
- Interviews skills 29th June & 3rd August
- Preparing for results days for parents & carers 17th August
- GCSE results support 24th August

[All of the webinars above run at 11am and are repeated again at 2pm](#)

Waltham Forest Apprenticeship Festival 29th June

11am-5pm at Fellowship Square, Waltham Forest Council aimed at aged 16+

Green Careers Showcase 2023

at Walthamstow Wetlands on 6th July 4.00-7.30pm aimed at [16-25-year-olds](#) to find out about careers in the green sector and [for employers](#) to meet future candidates. Inspirational speakers, meet employers from the environmental sector, try practical, hands-on workshops in nature conservation. Supported by London Youth & LBWF. To book: <https://www.eventbrite.co.uk/e/green-careers-showcase-2023-tickets-6223...>

Support across England

Careers helpline for teenagers

For information and advice about jobs, careers, and training for aged 13+. Young people can call 0800 100 900 to speak to an adviser or chat online. Lines are available throughout the school holidays at the following times:

- 8am to 8pm Monday to Friday
- 10am to 5pm Saturday

Calls are free from most landlines and mobiles. Find out more information at <https://nationalcareers.service.gov.uk/contact-us>

Exam results helpline

Run by the National Careers Service, the helpline line is open from 17th August to 1st September. Students can call 0800 100 900 to speak to a careers adviser for both post 16 & post 18 results. They can also ask a careers adviser a question via Twitter, Facebook and The Student Room by using **#examresultslive** with their questions.

Helpful websites

London-wide College Admissions Information

This is a useful tool to use after GCSE results day. Students can find out if there are college places still available for September 2023 entry. Search for further education and sixth form colleges at: <https://www.london.gov.uk/publications/london-wide-college-admissions-information>

Applying for College and school sixth form courses out of London

Search for courses at: <https://nationalcareers.service.gov.uk/find-a-course/search>

START Careers Platform in Waltham Forest in Waltham Forest will help you navigate a journey through education and into the world of work. <https://locallondon.startprofile.com/page/waltham-forest>

- You can search & apply for local Post 16 college and sixth form providers
- Search & apply for all advertised apprenticeship & job vacancies in Waltham Forest & across London
- Go through to UCAS website to search for higher education courses
- Build a portfolio of employability evidence, keep key information in one place.
- Use this evidence to write a personal profile and a CV.