



15<sup>TH</sup> OCTOBER 2021

# NEWSLETTER

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## DATES FOR THE DIARY

Monday 18<sup>th</sup> October and  
Wednesday 20<sup>th</sup> October  
Primary School HARVEST  
ASSEMBLIES - Pupils only on this  
occasion

Wednesday, 20<sup>th</sup> October  
9.30am - 10.30am  
Link Association Coffee Morning  
Being Held at the secondary school

25<sup>th</sup> - 29<sup>th</sup> October 2021  
**HALF TERM - No School**

Saturday, 11<sup>th</sup> December  
**LINK ASSOCIATION  
CHRISTMAS FAIR - being held at  
the secondary school**

Friday 17<sup>th</sup> December 2021  
**END OF TERM - EARLY CLOSURE  
FOR PUPILS**

Tuesday, 4<sup>th</sup> January 2022  
**STAFF INSET DAY**

Wednesday, 5<sup>th</sup> January 2022  
**PUPILS RETURN TO SCHOOL  
FOR THE SPRING TERM**

14<sup>th</sup> - 18<sup>th</sup> February 2022  
**SPRING HALF TERM - No School**

Friday, 1<sup>st</sup> April 2022  
**END OF TERM - EARLY CLOSURE  
FOR PUPILS**

Is it really only 10 weeks until Christmas Day?

We all know how quickly time flies and preparations have commenced for the festive season.

Once again OHCAT are running their annual Christmas card competition with the winning entry becoming the official OHCAT Christmas Card.

Any pupils or students that want to get creative and design a piece of artwork should submit their designs by **Friday, 12<sup>th</sup> November.**

- Designs can be presented landscape or portrait but need to be the equivalent size of A4 paper -
- Ensure each design has the student's name, age and school clearly marked on the back.
- Make sure your entries have been handed into the school offices by the morning of 12<sup>th</sup> November.

Local artist, Doug Shaw will independently judge the winning design. The winner will be presented with a framed certificate, a £50 Amazon voucher and a box of cards printed with their winning design.

We look forward to receiving lots of festive designs.

Also, a date for your diaries - The Link Association are holding their Christmas Fair on Saturday, 11<sup>th</sup> December.

Look out for further information which will come directly from The Link Association over the next few weeks.

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

Our social skills trips are returning to our timetable in earnest now that Covid restrictions have been lifted and Maple Class enjoyed a trip to Dobbie's Garden Centre earlier this week. They walked around the plant section, loved looking at the tropical fish and as they were so well behaved, Michelle allowed them a few minutes to look at the toy shelves too.



One of the concerns that many of our parents have is their child's relationship with food. Many will only eat 'beige' food, some do like different foods to get mixed together, some have difficulty chewing or using cutlery.

Occupational Therapists play an important role in supporting pupils to develop practical life skills and eating is one of life's essential skills.



We have recently taken delivery of special non-slip trays, dinner plates with compartments and specifically designed cutlery, all of which are intended to help those who need help to master these life skills.



Our food technology sessions also help in developing not only cooking skills, but aid sensory issues with touching certain textures.



Keep an eye out in the future for our parent workshop on how to help with Sensory Eating Difficulties.



## WHAT'S BEEN HAPPENING AT THE SECONDARY SCHOOL?

This week, James Blanshard, our PE Teacher gives an insight into what is happening in school on a physical active front.

The year has started well with a successful cross-country event held in Beddington Park in September.

The students worked very hard and many of them surprised themselves with how far they could run and walk. Almost half the school covered the maximum distance of 5.5kms.

The winning class on the day was Wood class, with almost the entire class doing the maximum 5 laps. Well done to them!

Our plan is to have a swimming event at the start of the Spring term, and the traditional athletics event towards the end of the summer term.

We are also looking forward to playing some friendly football games against Carew Academy, a local school. We hope to be able to take part in the Fulham FC Inclusive Schools League that is taking place after the half term break. Further information about both of these

events will be sent when arrangements are finalised.

In lessons we are currently learning Invasion Games, such as netball, basketball, football, handball and modified ultimate disc. These games involve teams 'invading' the other team's half of the field in order to play the game.

The students have shown great team work and enthusiasm to play. This has led to some very enjoyable gameplay at school, with many of the SSAs joining in.

We are also concentrating on a new "Exercise of the Week" in class. These are exercises, such as the plank, the wall sit, and skipping, that students can do at home that will help them develop their strength and muscle endurance. So far we have been doing each exercise for two weeks and the students are consistently beating their times from the first week. This is very encouraging.

As the Covid restrictions from last year are lifted, we are hoping to take part in more local sports tournaments and give the students the opportunity to represent The Link Secondary School on the sports field.

## WHAT'S HAPPENING AROUND AND ABOUT?

We have been informed by Sutton Local Authority that families of pupils who are entitled to Free School Meals, will be entitled to a shopping voucher for £15 to cover the October half term period. This is being funded out of the Government's Household Support Fund. Vouchers will be issued via Wonde to all entitled families by Thursday, 21<sup>st</sup> October.

Families that are not eligible for the food voucher but need support can check the [Sutton Council website](https://sutton.council.uk/) or contact the food bank <https://sutton.foodbank.org.uk/> to find out alternative ways of accessing support.

## AND FINALLY .....

Exercise not only  
changes your body

It changes your mind,  
your attitude and your  
mood