

# Newark Orchard School

## Healthy Schools

### Parents/Carer Information

At Newark Orchard School, we pride ourselves on providing a rich curriculum that focuses on the *whole* student. We aim to ensure we give opportunities to develop both the physical and mental well-being of our students.

As part of this in school, we offer:

- Curriculum subjects, eg PE, citizenship, RE, specific Independent Living units, British values
- Additional sports—swimming
- Life skills—cooking, shopping
- Vocational courses—sport, life skills, hair & beauty, horticulture
- Sex and relationship education
- TITAN travel training
- Individually tailored activities, eg sensory room access, individual timetables
- Group interventions, eg girls/boys groups with specific content based on the need
- Work experience
- Enrichment weeks—healthy minds, anti-bullying
- Student training—first aid
- Transition support
- Working cohesively with outside agencies, eg CAMHS, CASY, Child Bereavement Centre

At home you may need a little bit of extra help. Please see below for a range of websites that might be useful.

#### Anti-bullying

**[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)**

*Content includes:*

- Specific support and guidance regarding SEN and disability, including a range of resources, books to support etc
- Cyber bullying advice
- Mental health and bullying advice
- Sexual, homophobic, biphobic and transphobic advice
- Video support clips
- On-line anti-bullying tool
- Guides for fathers, grandparents and siblings

**[www.childnet.com/resources/star-toolkit/](http://www.childnet.com/resources/star-toolkit/)**

*Content includes:*

- E-Safety for children on the autistic spectrum

**[www.preparingforadulthood.org.uk/](http://www.preparingforadulthood.org.uk/)**

*Content includes:*

- Real life experiences - employment, internships, college
- Independent living for adults with disabilities
- Information about managing health needs
- Information about apprenticeships
- Information about personal budgets
- Legislation information
- Toolkits to help plan next steps

**[www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx](http://www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx)**

*Content includes:*

- Links to support for mental health (addiction, anxiety, depression, bipolar, cyber bullying, self esteem, abuse, bereavement)

**[www.nhs.uk/livewell/sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx](http://www.nhs.uk/livewell/sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx)**

*Contents includes:*

- Links to support for sexual health (puberty, contraception, sexuality, pregnancy, consent)

If you need any further advice or support on a specific concern please contact me at:  
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