

Head Teacher: Mr G Bartrum

December 2024  
Issue 84



### Rowhill School Mission Statement

Developing the responsible citizen for tomorrow by raising self-esteem and independence through education and care

# Rowhill School Winter Newsletter

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## Severe Snow / Ice Plan for Parents and Families



During the winter months, extreme bad weather can cause widespread and prolonged disruption. Schools are often affected and it can be difficult to maintain an education service.

As a fundamental principle every effort must be made to keep schools open, even if only a limited numbers of pupils can attend. However, schools may close due to 'unavoidable' circumstances. Those circumstances being that it is no longer safe for staff or pupils to be onsite.

We recognise that it is important our school remains open so parents are able to work and pupils can continue to learn. Rowhill School will make every effort to prepare for severe snow/ice this winter by gritting pathways, clearing access points and so on.

### **How will we let you know if the school is closed?**

If we do experience severe snow/ice resulting in hazardous conditions, Mr G Bartrum may have to take the decision to close the school. Once this decision has been made we will notify parents via the Kent Closures website. To determine whether Rowhill School is open or closed please visit [www.kentclosures.co.uk](http://www.kentclosures.co.uk). Search for the school in the search box. The Kent Closures website may also be used to find out if other services in Kent are open or closed, such as nurseries, children's centres and libraries. We also recommend parents sign up for email alerts on the Kent Closures website. This service will send an email alert to let parents know if Rowhill School is closed. Local radio will sometimes provide information of school closures.

### **What can you do to help?**

Please visit [www.kent.gov.uk/winter](http://www.kent.gov.uk/winter) for more information about gritting routes travel issues around Kent so you can plan your journey. Don't forget suitable warm clothing – gloves, hats, scarves, wellies etc. or even a change of clothing. If you are a working parent or feel you may have a problem with a sudden earlier pick up, please could you put a back-up plan in place with another family member or parent and inform the school. This will allow staff to leave earlier for their safety if weather dictates.

### **New Science Teacher**

We welcome David Brooks who will be teaching Secondary Science and PE from January 2025

Many thanks for your ongoing support.

Kind regards

Mr G Bartrum  
Head Teacher

# Term 1

## Hello Yellow!



On Thursday 10<sup>th</sup> October staff came together from across the school to make World Mental Health

Day that little bit brighter by wearing something yellow to raise awareness and show children and young people they're not alone with their mental health.

We recognise that right now, the world is a really tough place for children and young people to grow up in.

We want young people to know that they don't have to go through tough times alone. Things can get better.



At Rowhill school we offer individual and small group work for pupils who want support with their emotional wellbeing.

If you would like to know more about what the therapeutic team can offer, and other interventions that take place across the school then please do get in touch.

You can also find more information on the schools website here: [RowhilSchool;therapy provision](http://RowhilSchool;therapy%20provision)



- Is your child aged 13½ years or over?
- Does he/she want to learn new life skills?
- Are they committed and will take on a challenge?
- Build up their confidence, strengthen their chance of employment.

Please Contact Ben Inman:  
(01474) 705377  
[Inmanb@rowhill.kent.sch.uk](mailto:Inmanb@rowhill.kent.sch.uk)



# JEANS FOR GENES

MON 16 - SUN 22 SEPT 2024

Nice work  
#TeamDenim!

We wore our jeans,  
did a little fundraising  
and raised...

£58.30

Well done everyone  
- you're brilliant!

To find out more about why your help matters  
and the groups that you've supported, visit  
[jeansforgenes.org](http://jeansforgenes.org)



Registered with  
FUNDRAISING  
REGULATOR

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Society (Charity Number 1143049)

T: 0800 980 4800  
E: [hello@jeansforgenes.org](mailto:hello@jeansforgenes.org)

## Tree of Self-Esteem

At Rowhill we love every opportunity to celebrate the positive work and achievements of our pupils, from the academic accomplishments to the day-to-day positive behaviours we see.

### Term 1

Jensen – for helping another student and being kind when they were upset.

Tiffany – outstanding in ICT learning about E-safety

Oliver – working in hard in class.

Sophie – for outstanding at mentoring.

Michael – taking his time to perfect his handwriting.

Kenzie – for working well in bicycle maintenance.

Jayden – for playing nicely with other children in class.

Theo – well done for helping a younger student.

Braxton – for having a good morning in class.

Scott – conquered shyness, joined boxing club and received a medal.

Riley – amazing reading in intervention.

Shayden – for making outstanding progress.

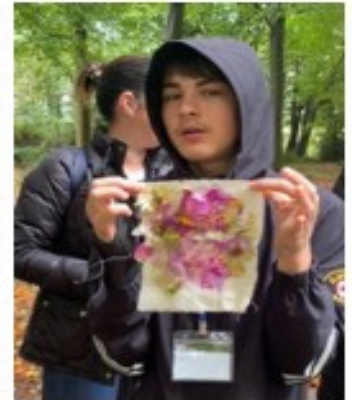


# Big Mental Health Conversation event for Young People

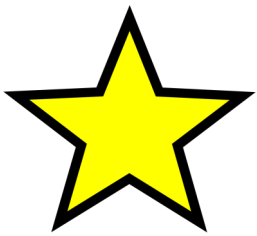
On Wednesday 9<sup>th</sup> October, five Rowhill pupils joined around 200 teenagers from schools across Kent to talk about mental health at the annual Big Conversation event at [Detling Showground](#).

The event gave our teenagers the opportunity and space to talk about mental health and wellbeing. As well as workshop discussions, the event also included:

- meeting Therapy Ponies from Tutsham Academy and Nelson Park Riding Centre
- PAT (Pets as Therapy) dogs attending as part of the wellbeing walk workshop and the interactive marketplace.
- Interactive Marketplace for sharing information and asking questions - a mix of 32 organisations including Porchlight, Salus, Rising Sun, MIND, NHS mental health service (NELFT) and Kent Police were represented.



If you have any concerns about your child's emotional wellbeing at school please contact their tutor, a member of the children's and families team, or the school's therapeutic lead. If you need to speak urgently with a mental health professional, please call Mental Health Direct on: **0800 995 1000**. This number is free to call, and will be answered 24/7.



## 100 % Attendance

The following students achieved 100 % attendance in Term 1:

### Primary

Paige—Scorpions  
 Arthur—Eagles  
 Princess—Scorpions  
 Oliver—Scorpions  
 Leo-James—Elephants  
 Leo—Eagles  
 Jacob—Pythons  
 Joshua—Elephants  
 Ariana—Pythons  
 Robbie—Sharks

### Secondary

Shaydon—T1  
 Matthew—T5  
 Charlie—T5  
 Sophie—V2  
 Harry—V3  
 Henry—V2  
 Brandon—T5  
 Charlie—T1  
 Evan—Nurture

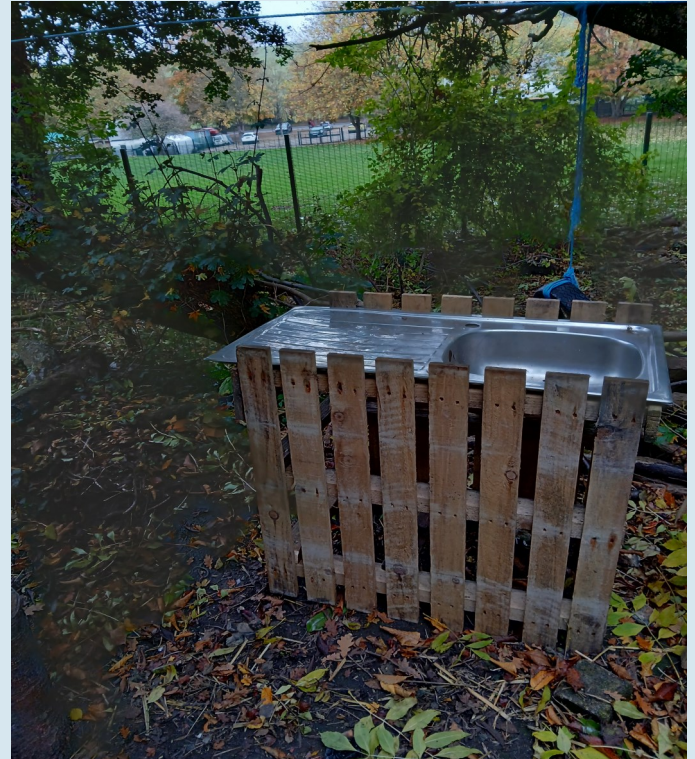
# Term 2

## Fishing at Rowhill

What a fantastic way to engage and educate the up & coming anglers at Rowhill that may otherwise never get the opportunity to go fishing. We have the use of some amazing venues including Shorne Country Park, Hadlow College & Horsmondon thanks to the two long running coaches, Dave and Warren who do their best to keep each week different and interesting for the students whilst working towards their AQA. Here are some photos of the students getting stuck in.



Mud kitchen and wood store made with Syd, Forest School, from wood pallets donated from Stonehaven Park!



## You said.... We did...

In September we invited all parents and carers to complete an online survey to help us understand how Rowhill can better support the families of our pupils.

Lots of you said that you would find training and workshops useful, so we have worked with external agencies to put together a programme of workshops for the year ahead. The workshops are on topics that you told us you would find helpful, and this term included 'Understanding my Child's ADHD' and 'Support for my Child'. Future workshops will include 'Managing my Child's Exam Stress' and 'Managing my Child's Behaviour'.



**Parent and Carer sessions**

- Are you worried about your child and their wellbeing?
- Would you like to talk to us about your concerns?
- Would you like the opportunity to meet other parents and carers?

Join Helen and Louise for a confidential 1:1 or a small group session in school.

**Friday 13<sup>th</sup> December**  
**10.30am – 11.30am**

If you are interested in attending the session this month, please do get in touch so your space can be reserved:

[channonl@rowhill.kent.sch.uk](mailto:channonl@rowhill.kent.sch.uk)  
[helen@rowhill.kent.sch.uk](mailto:helen@rowhill.kent.sch.uk)

The survey also told us that for some of you, attending a regular coffee morning in school is difficult because of work and travel. Many of you told us however that you still have questions that you would like a safe space to talk to us about. This year we have introduced a monthly space where parents can come and talk to us about any worries they have.

If you have any further feedback and would like to talk to us, or if you are interested in attending a workshop or support session, please get in touch with Louise Channon, Family Support Coordinator ([channonl@rowhill.kent.sch.uk](mailto:channonl@rowhill.kent.sch.uk)).

## New Member of the Therapy Team—Elena Wraight

Elena joined Rowhill School at the end of November 2024 and is a therapeutic art and emotional wellbeing practitioner, working alongside the whole therapy team.

Elena will be providing a space in school for pupils, using art materials such as paint, clay, mask-making or a combination of art materials. This will support pupils to explore and work through big feelings and emotions.

Alongside this, Elena is completing her Art Therapy training to become a qualified Art Therapist. Art Therapy aims to reduce distress and improve social, emotional and mental health needs. This can help to express and communicate often complex thoughts and feelings through art making.

*"I am really enjoying my time at Rowhill School, meeting everyone and getting to know the pupils and I am going to be working with. I feel very lucky to be able to support pupils by using art as a communication tool, and I am really looking forward to seeing how pupils explore their big feelings and emotions through this intervention."*





## Sporting Events

At Rowhill School, we believe in broadening our students' horizons by introducing them to a variety of sports beyond the traditional curriculum. Our KS3 and KS4 students have the opportunity to participate in activities like going to the gym, swimming, golf and rock climbing, fostering an interest in these unique sports. These experiences not only promote physical fitness and personal growth but also encourage students to explore hobbies they can pursue recreationally or competitively after their time at Rowhill.

### Football



Rowhill School participates in the South London Special League football competition based at Long Lane FC, providing students with meaningful opportunities to develop their skills, teamwork, and confidence. This academic year, Rowhill's teams in the U16, U14, U12, and Primary MLD categories have been competing at Long Lane FC. These fixtures celebrate inclusivity, sportsmanship, and the joy of football, showcasing the talent and determination of our students in a supportive environment. (I've included pics)

Our KS3 students showcased incredible determination and teamwork in a football match against Bower Grove School from Maidstone, hosted here at Rowhill on Wednesday 9<sup>th</sup> October. In an unforgettable encounter, the team staged an impressive comeback from 3-0 down, ultimately securing a 4-3 victory. This remarkable win highlights the resilience and spirit of our young athletes—well done, team Rowhill!

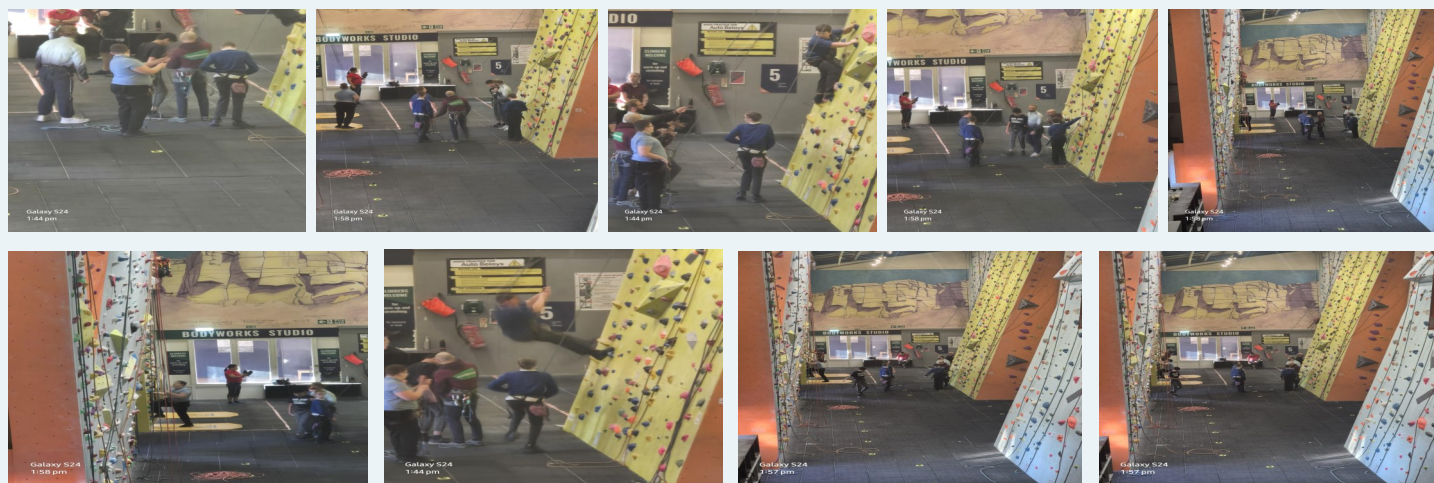


### Badminton

Our KS4 students recently competed in an exciting badminton match against Bower Grove School in Maidstone on Wednesday 27<sup>th</sup> November. This friendly fixture not only showcased the students' skills and sportsmanship but also provided a valuable opportunity for our GCSE PE students to gather evidence towards their qualification. Well done to all involved for their hard work and determination on the court!



## Rock Climbing





# Christmas 2024



## Elf on the Shelf!



The Therapy department has been invaded during the month of December by our very own Elf on the Shelf – Harry! Harry has been getting creative doing some painting and sewing! He has also helped himself to staff food, let himself into the Salon to dye his hair, and tried a great escape!

Many of our pupils have enjoyed popping up every day to see what Harry has been up to!



## Cinderella !

On Tuesday 10<sup>th</sup> December a trip was organised for all the female pupils.

We travelled to Maidstone’s Hazlitt Theatre to attend the Panto Cinderella! (*oh no we didn't!*)

We all had a great time lots of laughing and cheering, and of course the necessary booing!



## Rowhill in the Community!

Our Maths teacher Mr. Ralph was out and about in his local community delivering Christmas trees to the elderly using the school vehicle.

His local cricket club works alongside a charitable organisation to ensure that older residents in the Tonbridge area can enjoy Christmas with a natural tree that they would otherwise be unable to transport to their home themselves.

On 7<sup>th</sup> December, they delivered nearly 100 trees to local residents, with Mr. Ralph accounting for 24 of those. Well done Mr. Ralph!



# Self-regulation strategies for kids

By Fola Sutherland

Occupational Therapist & Sensory Integration Practitioner

**What is self-regulation?** It is essentially the ability to control your emotions, behaviours and responses. It can help to manage difficult situations, deal with challenges and achieve your goals. It involves some level of reflection and understanding of emotions, too. This is something both children and adults struggle with from time to time. Here are some tips which may support your children in developing this essential life skill.

**Recognise emotions** – Just like we teach kids how to ride a bike, or drink from a cup. We need to teach them how to manage their emotions. This starts with being able to recognise and label different emotions. Happy, scared, excited, angry etc.

**Identify triggers** – Try to observe your child in different situations and settings, and start to notice what triggers emotional dysregulation and meltdowns. This is a key first step in understanding their behaviour.

**Develop a toolkit** – Self-regulation does not mean a child is **always** happy and calm. It simply means that they have a coping toolkit. This toolkit helps get them to a better emotional state and regain control of their behaviour.

**Teach calming strategies** – yoga, exercise, deep breathing or taking a walk in nature are things which can boost serotonin and help to calm children down.

**Provide sensory input** – Sensory input such as tactile (touch, hugs, textures), vestibular (swinging, rocking), proprioceptive (deep pressure, massage, weighted items), auditory (calming music, white noise, ear defenders), can all be calming and regulating to our nervous system. It is important to identify with your child which of these they like and dislike in order to better support them.



I hope you find some of these tips helpful. If you wish to discuss anything further, please contact Fola Sutherland, school Occupational Therapist, who is available on Wednesdays.

## Staying Safe Online

At Rowhill school we are very keen for our students to safely experience the wonders of technology. As well as using all of the basic software programmes such as; Word, Power point, Excel, Publisher and Database, we cover block coding in Computer science.

We also take online safety very seriously.

In the Primary and Transition Hubs we make wallet cards with details of helplines, and encourage our students to give them to people who may need help.

### Parental support to safeguarding your child on line

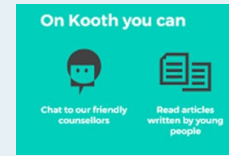
Please see attached flyers regarding parental advice to keeping your child safe on line

This information is also available on out school website

Please contact CEOP or 101 Police to report any online abuse immediately

## Resources

**Kooth** offers emotional and mental health support to 11–19 year olds. [www.kooth.com](http://www.kooth.com)



**Childline:** no problem is too big or too small. Children and young people can call free on 0800 1111 or get in touch online.

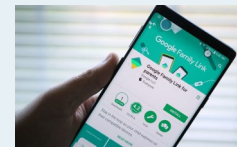
[www.childline.org.uk](http://www.childline.org.uk)



**National Online Safety:** help equip school staff, parents, and pupils with the knowledge they need to understand online dangers. [National Online Safety - Family Toolbox](#)



**Family Link** is a highly recommended app that lets you set digital ground rules for your child using devices. It is compatible with android and apple products.



## The Kent Resilience Hub

The Kent Resilience Hub is a resource that helps young people, parents and carers, staff and practitioners to understand emotional wellbeing and resilience.

<https://kentresiliencehub.org.uk/>



## Term Dates 2024—2025

### 2024 -Term 1

Monday 02 September 2024 – Training Day school closed to pupils  
Tuesday 03 September 2024 – Training Day School closed to pupils  
Wednesday 04 September 2024 – Friday 25 October 2024  
Break – Monday 28 October 2024 – Friday 01 November 2024

### Term 2

Monday 04 November 2024 – Friday 20 December 2024  
Monday 11 November 2023 – Training Day school closed to pupils  
Christmas Break: Monday 23 December 2024– Friday 03 January 2025

### 2025 - Term 3

Monday 06 January 2025—Friday 14 February 2025  
Friday 10 January 2025 – Training Day school closed to pupils  
Break – Monday 17 February 2025 – Friday 21 February 2025

### Term 4

Monday 24 February 2025 – Training Day school closed to pupils  
Tuesday 25 February 2025 – Friday 04 April 2025  
Easter Break – Monday 07 April 2025 – Monday 21 April 2025  
(Bank Holiday – Friday 18 April 2025 & Monday 21 April 2025)

### Term 5

Tuesday 22 April 2025 – Friday 23 May 2025  
Break – Monday 26 May 2025 – Friday 30 May 2025  
(Bank Holiday – Monday 05 May 2025 & Monday 26 May 2025)

### Term 6

Monday 02 June 2025 – Tuesday 22 July 2025

**We look forward to welcoming our students back on Monday 6th January 2025**

## Reminders

**Contact Details:** Please can you inform the school of any changes to your contact details, including mobile phone numbers and emergency contact information. We should not need to contact you often, however when we do, we really need to, and if we aren't aware of changes this can delay the process of sharing information with you.

**No Smoking:** Please can we remind all parents and carers that Rowhill School is a no smoking site, neither vapes or cigarettes are permitted to be used. We thank all parents and carers for their support in ensuring their child does not bring these into school.

**Absence:** If your child is absent from school, please can you inform the school on the first day of the absence. Should you wish to discuss any attendance issues, please speak to Cathy Webb (DSL). Cathy can be contacted on 01474 705377 ext 141.

**Medical Forms and Medication:** If you have recently received a medical form please can you return this to Natalie Russell as soon as possible. We also ask that parents and carers ensure we have a sufficient supply of medication for their child for the term . Thank you.

OSI (Online Support and Intervention) is an online platform designed to help parents to learn tools and techniques to help their child (aged 5 to 12 years old) to overcome difficulties with anxiety.

Parents work through weekly online modules that contain videos, quizzes, and interactive worksheets. Parents are also supported by a weekly telephone/videocall appointment with a practitioner.

You can access OSI at a convenient time for you using any electronic device!

Best care by the best people

**FEEDBACK FROM PARENTS /CARERS**

"My son's anxiety has noticeably declined, and I feel much more confident...we worked together on a specific goal and I have to say it was life changing. I even used it for my daughter about a fear she had and again, I can say that it worked for her too."

"It has been tremendously worthwhile for us, and I have a happier child now as a result."

**GET IN TOUCH:**

Scan the QR code for more information on OSI.

If your child attends one of our schools, and you are interested in learning more about OSI and whether this is the right support for you, please email our team at: [EWandESTenquiries@nelft.nhs.uk](mailto:EWandESTenquiries@nelft.nhs.uk)

Best care by the best people