

Sports News



Students in 6A have been taking part in dance lessons in the community as part of their ASDAN course. They have been working with Nicola from 'Energize' to learn some dance routines.

"Every Wednesday I have been going to dance classes with Nicola. We have been learning different routines and listening to different types of music, like hip hop and jazz. We have a different routine to each type of music. My favourite song and routine is for the song 'Don't Let Me Down' because we have to think about embracing our emotions to the music.

It's really good fun but we're really tired by the end because it's lots of hard work. We have to learn the dance routines bit by bit but by the end of the sessions we know the whole routine. Nicola makes it fun and easy to do the sessions even when we get tired" **Holly, 6A**

"I like going because I learn how to keep fit and create a dance routine. I enjoyed learning how to dance to hip hop music. We also learnt how to dance to slower music!" **Ella, 6A**

"It's really fun. I like that staff join in and dance with us. I like the music they choose and we can use our imagination to free style." **Andrew, 6A**

"I enjoy going out with my friends and spending time having a laugh with them." **Ethan 6A**



'Don't Let Me Down' dance routine



A number of Sixth Form students have enjoyed participating in a range of sports with a coach from 'Smile Through Sport' this term. The organisation was founded to provide the opportunity for disabled people of all

ages across the North East to access high quality sport and physical activity.

The coach, Gareth, who comes in one afternoon per week, has introduced students to sports including boccia, basketball, and curling. As well as learning the rules and skills associated with each activity, students have also had the opportunity to develop behaviours for life and learning such



as teamwork, communication and resilience. It has become a real highlight of the students' week and we look forward to learning new skills and finding out about different sports next term.

Charlotte uses the ramp to play her turn during a 'Boccia' game with help from Kim

Fun-day Fridays

On a lunchtime on the yard we used to just hang out a lot with our friends on the play equipment. We decided that now the weather is getting better we wanted to come together a bit more, so every Friday we play team games. We do it on a Friday so it's a nice way to end the week before we don't get to see each other over the weekend. It's also a good way to be a bit more active.

Tom has been organising the games. The games have been quite easy so that everyone can join in with them, and some of us can be in charge. Even though the games have been easy, you're still a bit puffed out by the end of it. My favourite game has been when people had to chuck the beanbags into the circles and each circle had different points on them. I was in charge of giving the beanbags back to people and organising the queue so that people all got to have a go. I was back and forward with the beanbags for the full half hour...as well as getting a couple of goes myself! We are hoping we might get some more equipment so we can do other games. Like maybe some skipping ropes so we can practise skipping or even just jumping and stepping over them.

- **Mason, 11G**



Mason has enjoyed 'Fun-day Fridays', especially playing 'Target' throw



School News

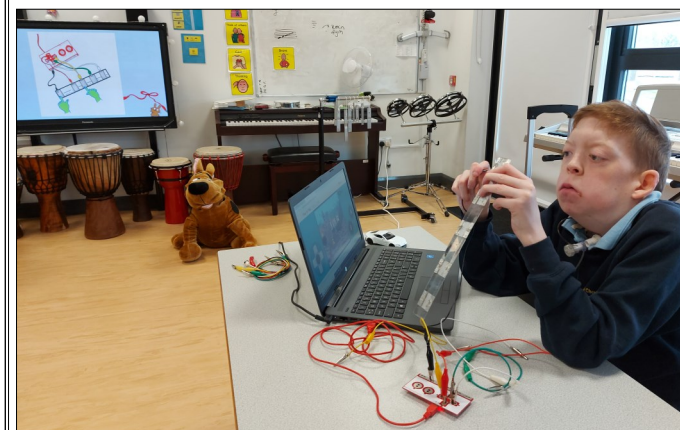


Contact us on — Tel: 0191 2952280 email: admin@scp.newcastle.sch.uk



We were really lucky because we did a music workshop with a visitor who came into school. He was called Mister E and he is from the Music Hub.

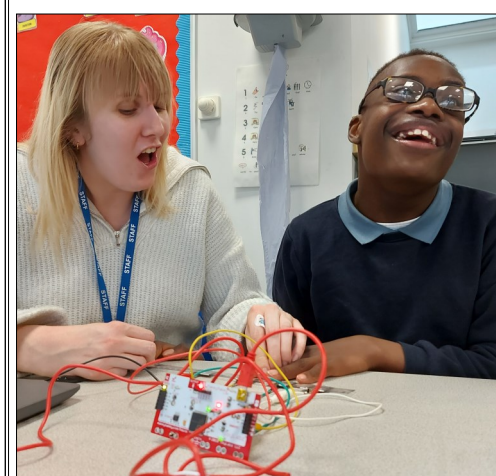
He was teaching us about the fact that you have a metal that is in your body that travels in your blood. The metal is iron. So we were able to make our body into part of a circuit. We had a little circuit board called a 'MakeyMakey' and some crocodile wires that we used to connect and to the 'MakeyMakey'. We did experiments to test the circuits like high fiving each other. When our hands touched it made a noise.



We went on a website called 'MakeyMakey.com' and it helped us to understand that the different coloured crocodile wires did different things. We started on level one and went through to level four. There was games where you had to set the wires to do different controls like moving ghosts up and down on screen. When they moved they made different sounds.

The best thing we did was make our own piece of music. We put the crocodile wires onto a ruler that had tin foil on. Then every time we touched a bit of foil it made a different sound. We put it all together so at the end of the session we could play a bit of music as a class.

I hope we get to do it again because Mister E is interesting and quite fun.



Above - **Nyle** constructing his circuit piano.

Left - **Peniel** enjoyed singing along with Emma when playing his musical circuit board.



On Friday the 17th of March we celebrated Red Nose Day in school. Red Nose Day is about having fun and making money for charity.

This year in school we did a sponsored walk. Everyone in school, including staff, walked from school round the block and went back in the Walker

Riverside entrance. It was about one mile in total. When we got back in to school we all sat in our groups and had a drink and a biscuit, and a nice break.

My favourite bit about the walk was coming out of school for a bit and walking on some different streets. I've walked loads of routes in Newcastle but never those streets because I'm usually on your school bus.

I wore a Red Nose Day t-shirt which had Newcastle United

players on and they had red noses on. I helped in the



...and year 11 heading off for their walk!

assembly that we did for the whole school. Our class did pin the red nose on the pictures. Kenzie told some jokes in assembly and had everyone laughing.

The grand finale in assembly was seeing the school 'Party Rockers' video that Mr Swann made. It has school staff in. If you want to watch it go on to You Tube and search for 'Sir Charles Parsons School Red Nose Day 2023 staff video'.

Sir Charles Parsons School



- **Kai, 9D**



The new year brought a fresh new start to our fundraising efforts. We were approached by musician Jamie, lead singer of the 'Baldy Holly Band' who was very interested in fundraising for a new school minibus. We were of course

delighted to hear this, and loved the sound of his plans to raise the money. During January, all the proceeds for the band's and Jamie's solo gigs were donated to the charity. Jamie has big plans for the summer, when he intends to do a sponsored bike ride from John O'Groats to Lands' End. By the end of this year Jamie hopes to be well on his way to his £50,000 target for the new bus.



'The Baldy Holly Band' with lead singer Jamie, centre

For Valentine's Day, 'Friends of...' volunteers donated a number of themed items to sell. In preparation for the day, cards and sweet treat packs were sold. These were very popular and sold out on the first day, raising £49.50. On the big day itself, special edition love themed cupcakes were sold, raising another £174.81 for the charity.

Our 'Ragbag' initiative continues and we have donated two more containers of textiles raising around £90 this term. Planning ahead for the year, we have once again acquired charity places for this year's 'Great North Run'. Whilst we have five runners already, we do have limited spaces available, should you have any family or friends who are interested. With a cost of only £30 for the space, and a minimum sponsorship of £200, this is an opportunity not to be missed!



Cake Tuesdays

On Tuesdays we have been raising money for the Friends of Sir Charles Parsons School to help us year 11s go to Hawkhurst on a residential for two nights.

My group have been baking cakes and we sell them in school to everybody.

We start by choosing which cakes we are going to make. We look on the internet for ideas then talk about them and then we do voting to see which one we're going to do. We have a go at reading the ingredients from the recipe on the internet and Mrs Bennet-Cowell makes a list of what she needs to buy so that we can bake them in the next lesson.

We get a double lesson to bake the cakes which is quite a long time, but now we have to bake lots so the time goes very quick and we're very busy.



Ibrahim worked with Shayne and Harley, weighing sugar to make cupcakes to sell for school funds



Volunteers Julie, David & Doreen running their Easter themed stall

Our Easter Fayre was as popular as ever. It was lovely to see so many past and present friends and families. We were lucky enough again to have volunteer support from the families of Zak and Kai. Thanks to the amazing donations and the bumper turnout we have raised over £2,600 (we are still counting) which will go to providing specialist equipment and resources for all of our students.

The eatwell plate



In food technology lessons we have been learning about the 'eatwell plate'. The eatwell plate is an idea that people should use to help them eat healthily.

You have to imagine a plate and then it gets split into five sections for the five different food groups, carbohydrates, protein, vegetables,

dairy, and fats and sugars. Not all of the sections are the same size because you only need little bits of some food types. The smallest sections is fats and sugar, and the biggest section is vegetables.

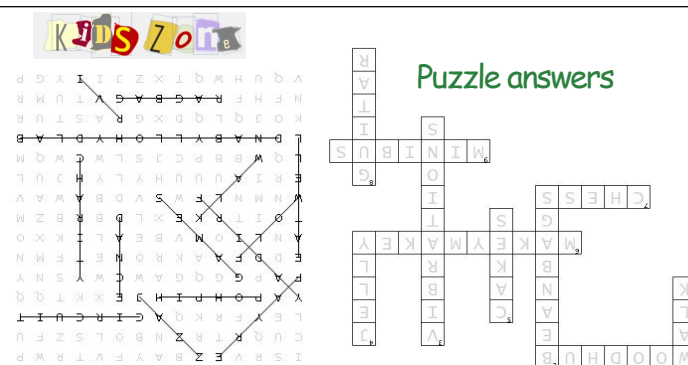
We practised using the idea of the eat well plate to cook ourselves a meal. We made some Quorn and vegetable noodles. We measured everything out using our hands to get the right amounts. It was a handful of vegetables, a palm full of Quorn for protein, and then a thumb size portion of fat to cook with.

The meal was ok, mainly because I didn't like Quorn that much. But I think I will try cooking it with my nana at home using chicken instead of Quorn!

- Brandon, 8F



Louis measuring his palm full of protein to add to the vegetable noodles



This time at Flow we have been doing more work on our table and chair. We made the table and chair before Christmas but we took it back and made the back part look really nice and special. We added a

box that we put lots of seaside themed trinkets in, then Claire and Mark varnished it.

It was really nice to see Claire and Mark again. They are really fun and they plan lots of fun activities. They have three different activities going on and people take turns of doing them in groups. Like one of the activities was making your own bottle to put a secret or wish in. We got to take them home.

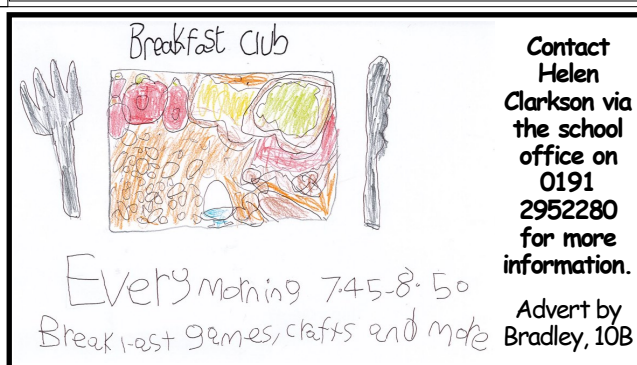
We also made some fish out of wood which we added different materials to. We didn't bring the fish home because they are going to go on the fish quay on display. For our final visit in May we are going back so that Claire and Mark can help us all engrave our names on to the chair.

- Mason & Rene, 11G

Mrs Wear who has been taking the group said 'This has been a great project for the students to get involved in. They have learnt so many new skills and have really

enjoyed seeing the process from the beginning of building the chair all the way through to when they will varnish the chair and finish.'

A close up displaying the beautiful seaside treasure selected by students to decorate the chair



Contact Helen Clarkson via the school office on 0191 2952280 for more information.

Advert by Bradley, 10B

MUSIC THERAPY

As part of our music education offer at Sir Charles Parsons, some of our students work with music therapists from a charity called 'Nordoff Robbins'. This

is what the charity write about themselves:

'The Nordoff Robbins approach originated in the 1950s and was built on insight gained by musicians through a wide range of music-making experiences. Nordoff and Robbins therapists are trained to Masters level and are registered with the Health and Care Professions Council (HCPC). Clients and therapists work together in musical companionships so that each person's therapy is meaningful to them and as impactful as possible.' If you'd like to know more, and to see photos of some of our students on their website please visit www.nordoff-robbins.org.uk



Aaron showing his musical creativity whilst sharing the guitar with Tom

children since September 2022. He loves to play the ukulele and sing familiar songs and he demonstrates a very natural sense of musical direction, happily completing the ends of lines and melodic phrases. In our sessions we've supported him in singing while working towards being more flexible in music, improvising melodies and listening to others in the group. Aaron's creativity and sense of humour have really shone through in recent sessions.

Leen is part of the same music therapy group as Aaron. At first she preferred not to engage on instruments or with her voice but was able to influence the music and demonstrate a sense of musical drama and suspense with her eye contact, dancing and body language. In recent weeks Leen has discovered the big piano and has become a strong musical voice in the group.'



Leen enjoying the music she's making whilst exploring the keyboard

Swallowing Awareness Day 2023



On Thursday 16th March we celebrated Swallowing Awareness Day in school, to raise awareness of dysphagia and the role of Speech and Language Therapists (SALT).

Dysphagia (said "dis-fay-juh") is a condition which causes difficulties in eating, drinking and swallowing. The SALT team in school support our young people who have these difficulties.

Each of the classes came to the dinner hall and participated in sensory activities including, 'Guess the Taste, Smell and Touch'. There were some great facial expressions seen in surprise, pleasure and displeasure across the day, and the smell of stilton cheese was talked about a lot! The staff also took part in a fun 'eat the cake' challenge where they had to eat a piece of cake without chewing, which of course felt very different and created lots of discussion! The students really enjoyed seeing staff taking part in this challenge.

We also held a 'Design a Plate' competition and had some fantastically creative entries. The winners will be announced during assembly before the end of term.

Darren in year 8 said 'The day was really good, it was about



the help people might need to taste food. I liked the taste test the best because I really like trying things. I loved the BBQ sauce but I really didn't like the curry paste! Katherine ate the cake in our group, she was just OK at it!'

Shayne at the tasting station. No curry paste here, Shayne much preferred the jelly!

SALT Team news

The SALT team have been growing! They have recently welcomed three new members to the team.



Bethan,



Megan

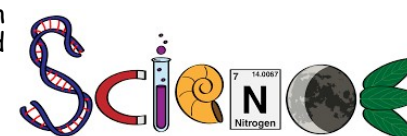


and Catherine

Training

For parents/carers we have recently carried out a Makaton Sign Support session jointly with school staff, and offered a training session on Supporting Speech Development. If you have any further suggestions or comments please get in touch with the team!

Science lessons have been about good vibrations and we listen to a really good song at the beginning by the Beach Boys.



We are learning about how the vibrations go through the ears. They are basically tiny particles that travel through.

We learnt that your ears are basically like a net so you can make them bigger by putting your hands around them a certain way.

The sound is like butterflies so you can catch even more sound and it sounds louder.

We have learnt about the inside of the ear, like an ear drum, but it's not an actual drum it's like a bit of skin that is really thin. Like it's our skin but really thin and could get popped like a balloon so you have to look after your ears and your pinky toe too because it's also little.

We also learnt about the ear canal that's filled with fluid which is basically ear water which sounds a bit disgusting when you think about it.

- Kaleb, 7B



Aaron watches the 'good vibrations'!

In science we have been learning about sound.

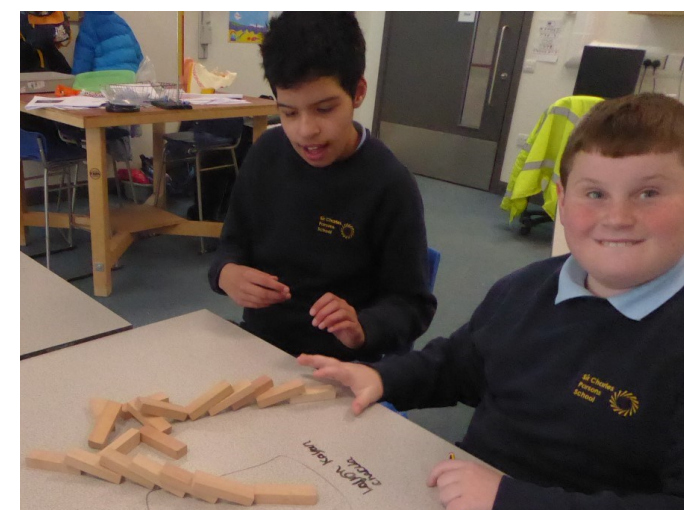
Charlie made a model of the inside of an ear.

Me and Layton got Jenga bricks and stood them all up in a row. We knocked one and they all knocked the others down and that was showing us how sound travels.

Aaron had a beaker with some seeds on a lid on the top. Aaron had to hit the beaker then all the seeds moved because it was so shaky from the hitting. When they move like this it's called vibration.

We also made some ear defenders using different materials. We were learning what the best material is to block the sounds. I used plastic cups and put paper in them and it blocked some of the noise. Other people used material and it blocked more noise.

- Kayan, 7P



Layton and Kayan learn about how sound travels

Letter from the Head



Dear Parents, Carers and Friends,

Every term is a busy one, but the spring term always feels particularly so. There is always a lot to fit in and this year has been no exception.

Students and staff have been helping Peter, the new school business manager to settle in, we've also been continuing to develop our links with other schools and organisations, looking at ways of making the opportunities for students at SCP even better! This includes looking at what happens after SCP and making sure that our students are well prepared for life outside of school.

Year 11 and 6th form students have been visiting further education and vocational learning providers all across our region, finding out about opportunities for when they leave SCP. Staff are really excited about the 6th form pop-up café, 'Charles' new Wednesday lunchtime opening hours - it's so busy it's hard to get a seat!

We also had a fantastic day for red nose day and managed to raise an amazing amount of money for the red nose day charities. It was lovely to work together as a school to raise money for others - helped along by the lovely sunny weather on the day itself.

Teaching our students about the importance of community and helping others seems even more important than ever at the moment. So many people are finding things difficult and there are so many difficult things happening across the world, it makes it all the more necessary that we recognise and celebrate the positive, supportive community that we have worked together to create at Sir Charles Parsons. As a school we appreciate the support from parents, carers, volunteers, community partners, staff and students. We hope you also feel supported by us. Staff across the school are happy to provide any support we can to any of our families - contact the school office and they will put you in touch with Jo and Leanne who are part of the pastoral support team.

Thank you for your support and involvement with us this term, I hope you have a lovely Easter break and look forward to working together to support our students next term!

Yours,

Karen Hamilton

WOOD HUB CIC

In the last half term me and my friends from 6th form have been learning in the community at 'Wood Hub' which is in the John Marley Centre in Scotswood. We go along on Thursdays for the whole day. When we get there we meet Nikki and Chris who run Wood Hub. Nikki used to work in our school.

We have worked on different wood projects in pairs. Josh and Robbie worked on a display stand to have in the café, Domingos and Katie worked on wood storage crates while we worked on tea light holders and chalk boards. All of the things we have made came from reusing wooden pallets. One of the first things we learned was using a sanding block to



Josh and Robbie working as a team measuring the wood

smooth the wood. Once the block for the tea light was smooth we had to use a router to drill out the hole for the candle stick then give them two coats of lacquer. When we were making the chalk boards we had to give the boards three coats of paint and let each coat dry before we did the next. Then we made a frame which we sanded and nailed together. On the first week we all

needed lots of help using the tools and clamps. By week four it was much easier and we were a lot more confident. - Libby, 6M and Talia, 6G

Me and Robbie worked on making a big display unit that we use to display crafts we make to sell in the café. Chris showed us each stage - sanding the wood, marking the drill spots, using the drill to drill the holes, the electric



Katie uses the drill independently

screwdriver for countersinking and then how to tighten the screws. We repeated each stage for each shelf and eventually we just got on with it and Chris could leave us while he worked with the others and just had to keep popping back to our bench. I would love to come here when I leave school and so would Robbie. - Josh S, 6C

Nikki said "We were very impressed with

the attitude of all the students, their keenness to learn and try out new skills. Everyone worked well together, supporting each other to use the tools and producing products to be proud of. We would certainly welcome them back anytime!"

Work Experience

Students in sixth form have been accessing work experience opportunities in and outside school. Some students have worked with Project Choice NHS. Those students working in the QE hospital have been in the linen department and also in the 'Volunteering Services'. Responsibilities in the linen department have included sorting items for cleaning, and then delivering freshly laundered items to the correct departments. For those students working with the volunteering services, they have been required to be on hand with a 'walkie talkie' in order to find out instantly where their support is required. Students have been so successful that they have been asked to return after the Easter holidays. Other students have had the chance to work in school to learn about the role of cleaning. They have worked very hard to clean our staff room, hoovering, cleaning benches, stacking and unstacking the dishwasher. Around school they have been cleaning doors, handles and handrails to minimize the spread of germs. Staff make comments every week on the excellent work they have been doing.



Sarah meeting the Ouseburn animals

Other work related activities have included students attending 'Ouseburn Farm PALs' 10 week course. This 'Personal and Life Skills' course has allowed students to meet new friends, learn how to eat healthy (including learning how to make healthy meals) and lead a healthy lifestyle including exercise and mental health awareness. During break times students have had

the opportunity to socialise in the farm area, seeing all the animals, and even the new spring lambs.

On Wednesdays students have been going out in the community visiting places they may want to access once they finish education. These include 'Learning for Life' at the John Marley Centre, The Tim Lamb Centre, 'Journey' in Kenton, and 'The Twisting Ducks'. They have also been going to places where they have had to use maps and navigate around buildings, for example using signs and symbols to help find products in shops. Students have been encouraged to ask staff on shift where to find products or ask how much they cost. We want students to be as independent as possible finding what they want and paying for these themselves. The places they have managed to do this very well include the Metro Centre, Asda, and the Baltic in Gateshead.

On Wednesday afternoons students from Charlies Café have been very confident and brave going around the whole school selling goods from the Café. They are such good sales people they have managed to sell every last piece of food. Well done girls you have done an amazing job, developing your communication skills, as well as managing money and giving change.



Josh J using the self scan independently

ONLINE SAFETY BILL

In recent weeks there has been a lot in the news about the UK's suggested online safety bill. Whilst details of this are still being finalised, with some disagreements over the

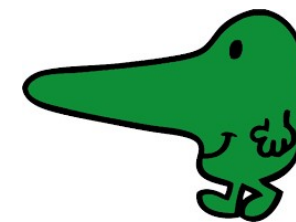
plans between tech companies and the government, what is clear is that our young people are at risk of viewing inappropriate content when using the internet. In school, e-safety awareness is delivered to students in computing lessons. In addition to this pastoral teams deliver the message about safe online behaviour and how to seek help.

We continue to encourage families at home to have conversations with their young people about their use of the internet. Even just starting with 'What have you been up to?' or 'Who have you been chatting to?' can open up conversations about language heard online or in video games and the appropriateness of this.

Other important discussions to be had with some young people involve the use of images. In school, learning about sharing images online covers everything from choosing a suitable profile picture (where the young person cannot be easily identified), to discussions about 'nudes'. We understand that these can be sensitive topics for families to cover with their young person. Should you require any further support feel free to contact Jo Anderson or Helen Clarkson in school. In addition to this, online sources such as CEOP have a wealth of advice for young people, as well as parents/carers.



Nosey Questions ...



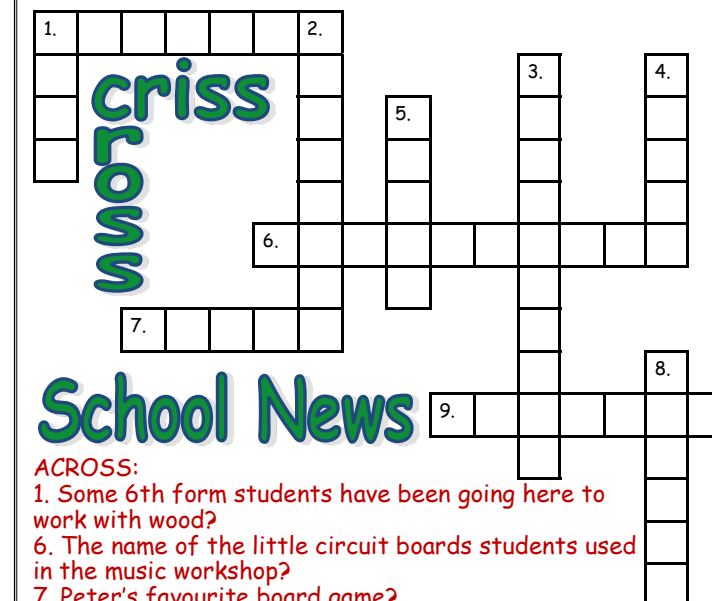
Nathan and Tibor from 8D went along to interview our new Business Manager, Peter and came up some nose questions...



Tibor, new Business Manager Peter, and Nathan

Q: What do you love about the job? A: The variety!
Q: Where did you get your suit from? A: A tailor (not a posh one)
Q: What is your favourite board game? A: Chess
Q: Are you competitive when you play? A: Yes, very
Q: What was your favourite lesson in school? A: History
Q: What is your Favourite TV show? A: Jeeves and Wooster
Q: What food do you hate? A: I don't hate any food
Q: Do you have any hobbies? A: Yes, Genealogy

KIDS Zone



School News

ACROSS:

- Some 6th form students have been going here to work with wood?
- The name of the little circuit boards students used in the music workshop?
- Peter's favourite board game?
- What Jamie is hoping to raise money for?

DOWN:

- Red Nose Day Sponsored event?
- Mason had fun 'chucking' these?
- Year 7 students have been learning about these in Science?
- Shayne had a taste of this?
- What's been keeping Ibrahim busy on Tuesday mornings?
- Aaron enjoys playing this instrument with Tom?

School News Word Search



BALDYHOLLYBAND
DANCE
FLOW
HIPHOP
RVI

CHARITY
EATWELL
FRIDAY
JAZZ
WALK

CIRCUIT
FAYRE
GAMES
RAGBAG