

# SCHOOL NEWSLETTER NOVEMBER 2024

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Phoenix School (Sheffield), and Excel & Exceed Centre (Bury) are DfE registered special schools, providing education for young people admitted to their co-located hospital services.

Our schools are regulated by OFSTED you can read their last inspection via the websites.

[Excel & Exceed Centre](#)

[Phoenix School](#)

### Recognition/Feedback

Phoenix received some great feedback from a Young Person at their school – here are a few of the quotes. The complete feedback has been added to their school website and social media – well done!

The support I get at Phoenix School is absolutely brilliant!

It's a really good way of learning everything you need to thrive at life and become whatever you want.

Honestly, it's the best school I've ever been to, and staff are fully aware of how to support someone like me with ASD challenges.

The teaching staff, specifically Chloe, are amazing.

## What we've been up to

### Diwali Celebrations

Around late October early November of each year, Hindus, Sikhs, Buddhists and Jains across the globe anticipate the annual celebration of Diwali, the festival of light. This auspicious occasion marks the triumph of light over dark.

On 30th October, we were excited to stage a Diwali event at Forestwood, Cygnet. There was a range of activities for the young people to get involved in and try some typical sweet and savoury foods. These included the art of making Rangolis; (creating intricate designs using coloured rice or powder), making Diyas (tea-lights), paper lanterns and various Diwali arts and crafts. A professional Henna artist from Leeds Face Painting Studio attended so young people and staff had the opportunity to have their Henna done to the design of their choice.

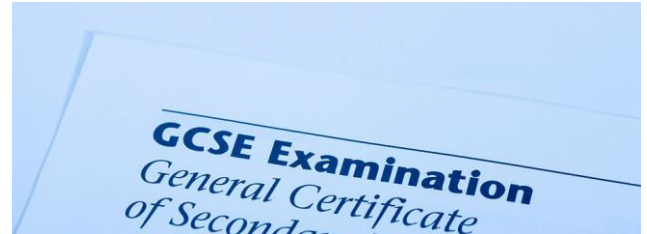
Organiser, Shaneela Joshi, did a short presentation at the start and to mark the theme of good over bad a short video from LGBTQ + stories was shown celebrating a young person coming out to their mother. This was done through the traditional Indian dance of Bharatanatyam and depicted the initial struggles then acceptance and harmony between the two.

"I hope that all the young people and staff had a lovely time and had a taste of the typical Diwali traditions. This is also a time to really reflect on the importance of how light conquers over darkness"

We wish you all a happy Diwali and a prosperous and healthy year ahead.



### November GCSE Exams



Sitting exams during a hospital admission can be daunting, particularly since mental health difficulties and medication can have such an impact on concentration, memory and thought processing.

That is why the November exam series is a fantastic opportunity for young people that were unable to sit their exams in the summer series or didn't get the grades that they hoped for, to get a second chance.

This month, three students at Phoenix School and one student at Excel & Exceed took the opportunity to sit their Maths and English GCSE examinations.

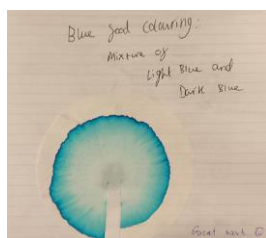
They worked incredibly hard to prepare for the exams, revising both in school and on the ward. We couldn't be more proud of them, and look forward to seeing their results in January!

Science experiments have been taking place in both schools this month

At Phoenix our young people have been completing chemistry experiments – looking at diffusion of the dyes from skittles. They were amazed to see the colours not mixing but staying in a fixed pattern. They also carried out a practical to observe osmosis – this is usually done in potatoes in school labs, but not at Cygnet school. YP in our setting used jelly babies instead and perhaps some were eaten? Well, we weren't in a lab! The results were amazing as some of the jelly babies more than doubled their mass(!) while others lost mass.



They were also separating the mixtures from ink pens and food colouring – black ink is a mixture of many colours, as you can see from the chromatography results. Blue food colouring was a mixture of 2 colours but yellow food colouring was just yellow!!!



At Excel and Exceed, students identified solids and liquids around school but found the gases a little harder to identify. This is when a chemical reaction was needed. Students experimented with mixing a solid and a liquid together to evidence the production of a gas and to develop an understanding of the chemical reactions involved. This supported activities in other Science lessons that looked at neutralisation reactions.

The literacy word of the week "ARRANGE" prompted the young people to produce a key where they could arrange the products they had found into the different categories. Some of our students also enjoyed the process of investigating the smell and texture of the items involved – making it a full sensory experience.

