

# SCHOOL NEWSLETTER

## December 2024

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Phoenix School (Sheffield) and Excel & Exceed Centre (Bury) 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

**Employee of the Month at Forestwood was awarded to John Morrison, our Maths Teacher at Excel & Exceed.**

*Staff who nominated John found him to be very kind and compassionate. They stated that John is always smiley, positive and a joy to be around. He works so hard in education and always puts the young people first. He is always willing to help and do the best he can within the work day. He also bakes cakes and is kind enough to share these with everyone and is always doing little things to make people smile. He is also always present in activities and events such as lunch and learn. He is a calming presence on the ward and the young people really appreciate the support that he gives.*

**Well done John!**

## What we've been up to

Excel and Exceed Centre, the school at Cygnets Bury Forestwood, were visited recently by Rainbow Flag to assess for renewal of the **Rainbow Flag Award**.

The Rainbow Flag Award is a quality assurance framework that encourages a whole school approach to LGBT+ inclusion and supports schools in developing strategies to challenge and combat LGBT+ phobic bullying.

We are proud to say that as a result of the visit that the school has been awarded the accreditation for another three years. The award demonstrates that the Exceed and Exceed Centre:

- Demonstrates a whole school approach to the positive inclusion and visibility of LGBT+ people
- Is committed to eradicating transphobic homophobic and biphobic bullying
- Intersectionality is evident in LGBT+ positive inclusion

Wendy Webster, Head Teacher, said: "This is a super achievement and demonstrates the hard work staff have put in to ensuring LGBT+ positive inclusion is embedded into our curriculum and that consideration is given to intersectionality within LGBT+."



On the 2nd of December, Phoenix School was visited by Indri and Krishna from **Hinduism Education Services**, a company which delivers dynamic, interactive workshops on the topic of Hinduism in schools and colleges nationally. With over 28 years of experience, Indri and Krishna were able to provide expert knowledge in a fun, interactive and accessible way.

On the day, Indri and Krishna decorated the options classroom with art, artefacts, and books related to Hinduism. Students then had a chance to ask questions about Hinduism and the artefacts around them, engaging in some traditional singing, dancing and stories. Students were even able to mix their own "tilak" paste using sandalwood, rose water and saffron, which Hindu people believe brings success and auspiciousness.

Indri and Krishna then adorned staff and students in traditional Hindu attire and hosted a mock Hindu wedding ceremony, teaching students the origins of the phrase "tying the knot". Students had the opportunity to wear saris, bindis, prayer shawls, and more. Religious education is a vital part of understanding the wider world, celebrating diversity and developing tolerance. The Phoenix School are proud to be able to offer enriching personal development opportunities such as this to their students and they hope to welcome Indri and Krishna back in the future.

The students thoroughly enjoyed the day, stating: "I enjoyed it because it was something new and different." Another student said that they "enjoyed the dressing up."



Over the last few weeks, Jayne Rowlands, the Education officer at Excel & Exceed, who is also a Mindfulness Practitioner, has delivered **meditation sessions** to Excel & Exceed staff.

The first session was delivered to Ward Managers as part of their CPD day, which was then followed by a session with education staff. During the different sessions, the staff engaged in mindful breathing, a body scan and muscle relaxation. The sessions were then finished with a guided meditation, followed by a quiet moment drinking Jasmine Tea.

Feedback from both sessions was the staff found them very relaxing and beneficial.

At Excel and Exceed, it has become an annual tradition for Louise, one of the teachers, to make decorative **crochet covers for chocolate oranges**, to then be sold at the Christmas Fayre held at Cygnet Bury Forestwood.

They have proved popular before and this year was no exception. After sending out an email for pre-orders the oranges with their covers sold out before even making it to the fayre!

Louise made 18 decorated chocolate oranges and this has raised £37 for charity. This year, as in previous years, the money was donated to Young Minds. Well done Louise!



**Jolabokafloð** (translated to 'Christmas book flood') is an Icelandic tradition where people gift books to their loved ones on Christmas Eve. These books are then read overnight with some chocolate. Last year, the Phoenix School introduced Jolabokafloð to the wards with resounding success so it seemed only right to bring it back for Christmas 2024! MJ and our student librarian worked together to figure out which books our young people would enjoy. These were then lovingly wrapped by Chloe along with a Christmas card and a chocolate selection box and gifted to each student on the last day of term! The students were once again delighted with their gifts and it was great to see them comparing books.



Excel & Exceed ended the Christmas Term with "**Big Raffle Week**". Students were awarded raffle tickets for each session of engagement and a whole list of other qualifying activities. Every day had sessions of timetabled lessons with the addition of a daily group quiz designed to test and develop skills in a range of areas including memory, facial recognition, topical news events and general knowledge. Friday culminated in Music, Art and Sporting challenges plus a big school quiz scavenger hunt. The final tickets were put into the raffle box and prizes drawn.

