

Wessex Lodge School

Outcomes
First
Group.



Spring 25' Newsletter



BE KIND

BE SAFE

BE RESPECTFUL



January, with dark days and cold nights, seems like a distant memory now Spring is bringing the promise of sunshine and the excitement of Summer! Like nature is, we are also busy growing – this term we have welcomed 7 eager new students and 6 dedicated new staff, all of whom are proving themselves welcome additions to the Wessex Lodge School community.

This term has brought lots of excitement, starting with the Lunar New Year celebrations (previously referred to as Chinese New Year) where students experienced Asian culture. On top of our academic programme, and work to build strong interpersonal relationships, some students have also been metal detecting and learning to fly drones.

Our three core values – Be Kind, Be Safe and Be Respectful have underpinned all that we do, and we have worked hard to ensure that our students embody these both on- and offline. We would like to take this opportunity to thank you for your support as we help our students navigate social media and the virtual world in a positive manner. We are keen to underline the importance of respect not just in our immediate vicinity, but also showing respect to the wider world, and the environment we live in.

This upcoming term, we will be focussing on the importance of play in our lives (something, as adults, I think we are all guilty of sometimes not making enough time for). Obviously, play means different things for our different age groups – but we will be taking inspiration from the organic moments of play we have seen this term. From the Primary's den-building to the Farm's tennis on the Lawn (watch out Andy Murray!) and Football at the Ark. We will use this as an opportunity to develop the concept of turn-taking, agreed rules and most importantly – enjoyment of participation. We will keep you informed as to how this initiative will look in practice.

Finally, I would like this opportunity to thank you, the care givers, for entrusting us with these very special young people. It is not a privilege any of our staff take lightly, and we are truly honoured to be working with you and them to give them the best possible outcomes. On that note, it would be remiss of me not to thank our brilliant staff for their hard work, commitment and teamwork. We are all excited for the future, and what our students will go on to achieve next!

On behalf of all staff, I wish you a restful Spring holiday, and looking forward to seeing you all back in School on Wednesday 23rd April.



Ben Coombes
Headteacher

Wessex Lodge School



Spring 25' Newsletter



Celebrating Spring Term at Wessex Lodge Primary "The Hive"

What a fantastic term it has been at The Hive! It has been truly wonderful to see our students continue to sustain positive relationships with both staff and peers, while also welcoming new friendships along the way. The sense of community within our school continues to strengthen, and I couldn't be prouder.

We also extend a warm welcome to our new staff members—Jim, Nicci, and Kris—who have joined our dedicated team. Additionally, we have been delighted to welcome several new students, and it is exciting to see our site continue to grow as we head into the summer term. Our newest students have been managing their transition incredibly well, and it's fantastic to see the relationships between them, staff, and peers develop each day.

A huge congratulations to all students on their recent STAR Assessment results! While academic progress is not our sole focus, seeing students achieve both academically and in their social and emotional development makes me incredibly proud. These achievements are a testament to their hard work and the supportive environment we have built together.

This term, students have also had more opportunities to engage with outdoor learning, making use of both our onsite outdoor spaces and the local village park. It has been brilliant to see them demonstrate their ability to be safe and responsible both on and off site—another reflection of the progress they have made since joining us.

As I write my comments for each student's End of Term Report, I have been reflecting on just how far we have come as a school community since September. The growth, resilience, and achievements of our students have been truly inspiring, and I cannot wait to see what the summer term brings.

Finally, I would like to extend a huge thank you to both our staff and students for their dedication, hard work, and commitment each and every day. Our site would not be the thriving and successful place it is without the effort, passion, and determination of every single person.

Wishing everyone a peaceful, restful, and enjoyable half-term break. Take the time to recharge—and don't eat too much chocolate!

Looking forward to seeing you all refreshed and ready for an exciting summer term.

Ant West
Assistant Head

Wessex Lodge School



Spring 25' Newsletter

News from The Farm

The term started in the New Year with various resolutions across the staff and pupils. It was an opportunity to start a fresh and embrace all the opportunities on offer.

January and February can be quite bleak months with us coming and going from school in the dark and illness at times hit hard with the variety of bugs that go around a school community. This all makes it a tough time of year. That all said there has been much progress made by our pupils.

Highlights

Three of our pupils continue to be thriving and enjoying their experience of going to college on pre-sixteen courses doing mechanics and Land based studies.

One of our pupils having some taster days at work experience on a large farm. Hopefully more to follow later in the year.

All our primary based classes Dragonflies, Wildcats, Maple and Pigeons continue to thrive on the farm with a great amount of stimulating and exciting lessons combined with play helping them to develop their social skills. Welcome to Willow a new class with new pupils who have done well settling in and getting to know each other.

We welcomed throughout the term new members of Staff; Stephen new class teacher of Willow and two new ESWs Andrea and Zoe. All three of them bring great skills to the farm team.

Great Chinese New Year run by the home cooking department.

Great DT projects continue to flow out of the workshop, everything from rolling pins to dovetail joints.

Outdoor ed, climbing and mountain biking have been the order of the day – weather depending. Several new bikes brought much excitement with mountain biking and there have been some great biking skills shown off by the pupils.

The farm is still functioning without its barns still and there is just enough grass left as the animals have spent more time out in the fields.

Our gatherings this term have covered a variety of topics including our three Bs, holocaust day, mental health week, being a listener, bringing the right attitude, being an encourager and thinking about others and themselves.

As we come to the end of another term, I would like to take a moment to express my heartfelt gratitude to everyone for their hard work, dedication, and unwavering support.

To our amazing pupils: Thank you for your continuous enthusiasm, effort, and commitment to learning. Your determination and curiosity inspire us all, and we are so proud of your achievements.

To our wonderful staff: Your dedication, passion, and hard work are what the Farm such a special place. You go above and beyond each day to support our pupils, and we deeply appreciate all that you do.

And to our parents and carers: A huge thank you for your ongoing support and partnership. Your involvement in your children's education and your constant encouragement make a significant difference. We are so grateful for the trust you place in us.

Wishing you all a restful and enjoyable break. Looking forward to another great term ahead!

Stuart Hamilton
Assistant Head





EQUINE

During the second half of this term, we have finally been graced with some sunshine! This has led to great enthusiasm from students wanting to work outside with the horses and participate in tasks on the farm. Students across the farm this term have been working hard to complete their AQA unit awards and challenge themselves in different situations with the horses. Our students have continued to show so much care and love towards our rescue horses this term building on their individual relationships.

Well done to all our students for their hard work with the horses this term.



Maths


Celebrating International Day of Mathematics at Wessex Lodge School!

March 14th marked the International Day of Mathematics and the famous Pi Day! At Wessex Lodge, we embraced the spirit of numbers and creativity with two thrilling competitions across our three sites.

Pi Day Challenge

The Pi Day competition provided students with the exciting opportunity to challenge their memory and showcase their mathematical prowess. The goal? To memorize as many digits of Pi as possible! Pi is a fascinating, infinite, and irrational number, with the world record standing at an astounding 70,030 digits, achieved by Suresh Kumar Sharma.

Our Wessex Lodge champions stepped up to the challenge and delivered impressive results:

 KIV who memorized an impressive 15 digits.

 TAC who reached 18 digits!

Both winners were awarded well-deserved prizes for their dedication and achievement. Additionally, every participant received a certificate to celebrate their effort and commitment. The Pi Day Challenge not only tested memory skills but also highlighted the fun and fascination that numbers can bring.

Polypad Competition – Art within Maths

Mathematics and creativity intertwined in our Polypad Competition. This engaging event challenged students to use an online manipulatives tool to create unique and visually stunning pieces of art. Inspired by last year's OFG companywide contest, this year's Wessex Lodge-specific competition allowed students to unleash their creativity while exploring mathematical concepts.

The imaginative winners who stood out with their exceptional designs were:

 **TPO**

 **NAT**

 **MWO**

Each of these talented students was awarded a trophy for their outstanding artwork. We were also thrilled to showcase the remarkable creations of our runners-up, who demonstrated incredible artistic flair and mathematical insight.

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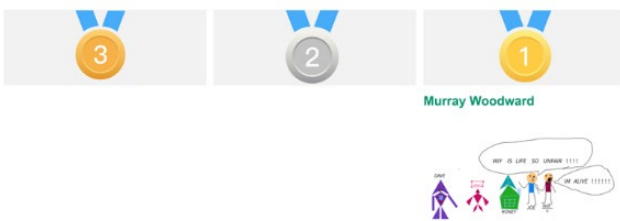
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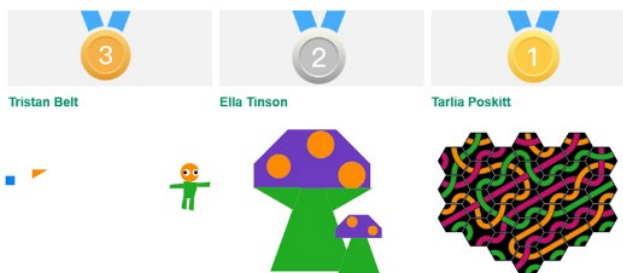


Both the **Pi Day Challenge** and the **PolyPad Competition** provided students with a platform to explore mathematics in fun and innovative ways. Through these activities, students not only honed their memory and artistic skills but also developed a deeper appreciation for the elegance and creativity inherent in mathematics. We extend our heartfelt congratulations to all the winners and participants who made this day so memorable. Your enthusiasm and effort truly embody the spirit of learning and exploration that Wessex Lodge School champions. Here's to many more exciting mathematical adventures in the future!

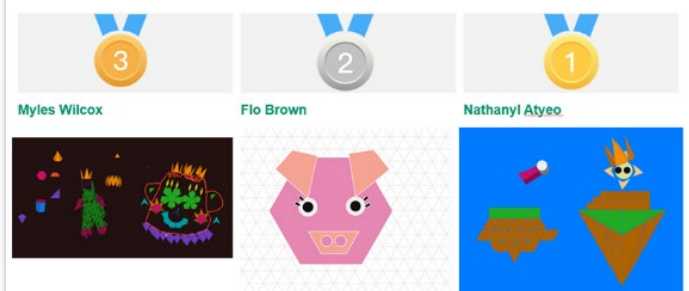
Wessex Lodge Primary



Newmead Farm

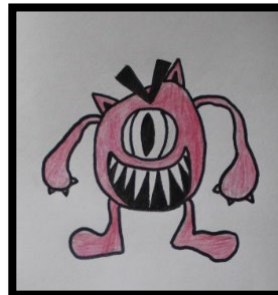
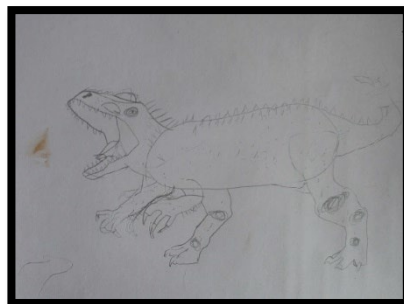
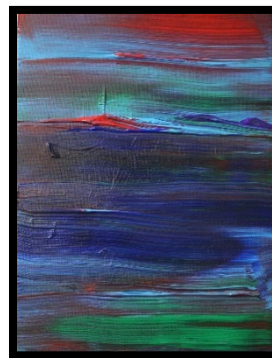


The Ark



Art

This term students have worked on entries for the Royal Academy of Arts Young Artists competition. Entries of this competition are judged by big names in the Art industry and are then chosen to be displayed in an online gallery and/or physically at the Royal Academy of Arts in London. A large number of students across Newmead Farm and the Ark sites entered this year. Students have worked incredibly hard to create entries over a number of weeks, some of whom have never worked larger than A3 have created incredible paintings that are A1 or larger. Some students have used cameras for the first time and learned how to edit pictures. No matter what they've created, they have all developed skills, boosted their confidence and had a wonderful time creating their entries.



Wessex Lodge School



Spring 25' Newsletter



PHYSICAL EDUCATION

What a fantastic term it's been for PE across the school. At the primary students have been working on teamwork, sportsmanship and social skills, allowing them to access group games which will massively help their development not only in the classroom but as they progress throughout the year and the school.

This term at the farm, I've been putting the students through their paces during our rugby sessions. As the students have been so engaged we've been able to start contact sessions against one another. This is a testament to the students' mindset being able to get tackled, remain calm and shake each other's hand at the end of the lesson.

Finally, at The Ark, students have been accessing the park to keep up their fitness levels which has been paying off as The Ark students beat The Ark staff in Staff v Students football match. As head of PE, I'd like to say that all staff have been putting in extra practice since this result and will come back stronger in the return fixture!

As we move into the new term and finally the start of summer. I look forward to seeing the students' relationships continue to develop in a competitive environment and how much they continue to support each other!

We also have a few football fixtures lined up with some inter-School matches as well as stepping up against other schools.... Watch this space!

FOREST SCHOOL

This term in forest school we've continued to battle all weathers possible. Whether it's been sun, rain or snow the results have remained the same and that's the students getting stuck in with a smile on their face. This term, we've continued with our den building. This has highlighted the excellent teamwork skills our students have and the willingness to put differences aside when working towards a similar goal.

Taking the students out of the typical classroom and changing the learning environment continues to amaze me in how much it can change the learning outcomes for the students. Being down in the woods has not only helped the students get out of their comfort zone but we have seen students resolve any issues they may have with each other themselves. These skills have then been put into practice back in school where they have more pressure.

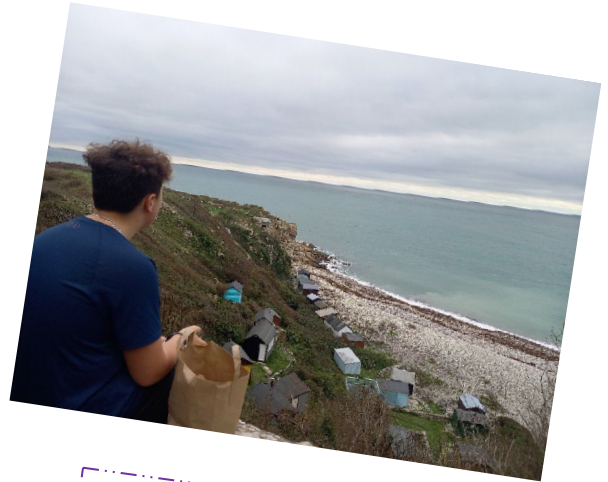
As we progress into summer, I hope to see the students continue to develop their social skills with students who might not be in the usual group they are with. Our focus next term is always a favourite, where we start to look at making rope swings that the students can use down in the woods

Andy Smith

Some Pictures from Bespoke Curriculum



Clifton Suspension Bridge



Portland View



Portland Sculpture

MAPLE



During the spring term Maple class have been busy!

We have made lots of memories, as well as doing our work we have been for walks around Shearwater, metal detecting, kite flying and den building.

As a class we have planned and constructed a model farm. They have spent a lot of time and dedication making it, students have used their knowledge of farming to add the fine and realistic details 😊



Students have been building a go-kart with Jamie and have loved trying it out around the farm.

A enjoyed delivering some cookies that he had baked to the local village coffee morning with Paola.

I am proud of all the boys this term and am looking forward to the summer term.

Well done,

Katy – Teacher
Lexi - ESW

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Since the start of the year **Dragonflies** have settled back well and have started to form connections with one another.

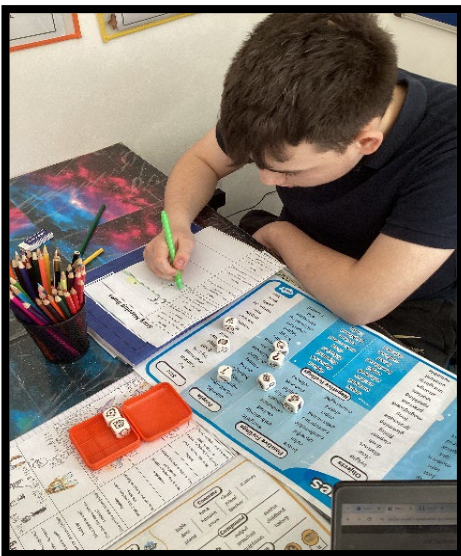
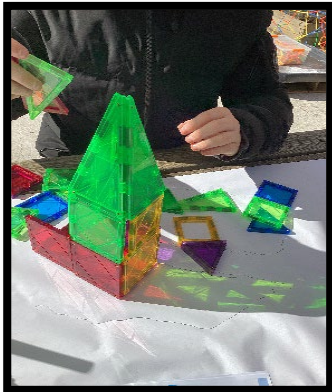
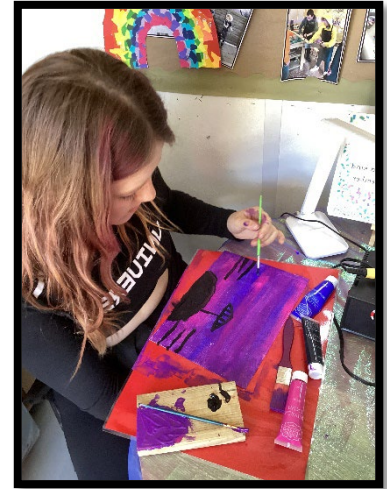
What we have been learning about this term:

In English this term we have been looking at the story called The Demon Headmaster written by Gillian Cross we have been using the book as well as watching some of the series to help with the understanding of literacy terms. At the start of spring 2 Dragonflies have been starting to produce some fantastic creative writing based on the Demon headmaster but using their own imaginations. Jayden enjoyed using the story telling dice! The students were proud of their work and are hoping to show it off on the 22nd March

Maths, we have been focusing on adding and subtraction as well as starting to introduce fractions and length coming in to the summer term Dragonflies have had a lot of resilience when it came to this topic however they have enjoyed doing length combining with DT.

In Humanities during spring we have been focusing on rivers and the impact on the wildlife but the importance of having rivers on humans. During science we have been looking at Light, with how shadows are formed using magnetic tiles and torches.

Lilly and Courtney have really enjoyed equine this term at the Farm especially when she was able to groom the Shetlands and make them look spectacular. They have both completed their first AQA which is amazing and all down to Laura!



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Wildcats

During the spring term We have been incredibly busy in Wildcats!

We have faced a few challenges in this term however we have shown patience, understanding and resilience throughout! We have welcomed new peers and new members of staff to the farm with open arms. The social skills we have learnt this term have been incredible and a joy to watch for all our members of staff as well as our visitors.

Wildcats should be incredibly proud of themselves for their kindness and compassion.

As a class we have been on so many adventures and taken part in some fantastic learning experiences! From Building Snowmen on top of Mere Downs during Outdoor Education to some amazing core subject lessons!

We could not be prouder of the hard work and dedication Wildcats have shown this term focusing extremely hard in Maths building on new skills and cementing our old ones, engaging in some incredible descriptive creative writing and of course our specialised subjects including Horticulture, Cooking, and D.T.

Well done Wildcats for a great start to the new year! We look forward to welcoming you back after your well-earned rest.



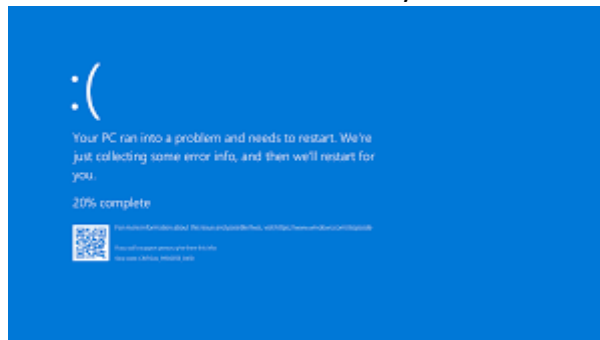


Pigeon Class

This term Pigeon class have really found their feet on the farm and have loved being able to go exploring the site more now the weather is getting nicer. In maths this term we have been learning about length and perimeter and the students have been going around the farm measuring and comparing different areas. In English we have been reading the Demon headmaster which has been an interesting read about a headmaster that hypnotises its students, the class had lots of fun coming up with their own ideas of what they would do if they could hypnotise people. Some of the students have worked together in D.T the make things for Pigeon class to add character to it I have been very impressed with the coat hooks that have been made. As always Pigeons has been filled with lots of fun and laughter, and I have enjoyed watching all the different friendships blossom. This term we welcomed Pigeons new TA to the class her name is Zoe, and she has fitted right in with our class. Pigeon class it has been a privilege to teach you this term and I look forward to more adventures with you. I hope you all have a wonderful easter break and eat lots of chocolate and I look forward to seeing you all after the break.

Information and Communications Technology

This term in our Digital Functional Skills lessons we began by looking at when computers go wrong. We explored some common hardware and software faults and how they can be fixed.



We also explored whether faults with computers were purely down to errors with the systems, the user, or both. This opened up some excellent discussion points and some differing points of view as some of our learners specified that they sometimes do things in a slightly different way.



During the second half of this term we have begun looking at the functions of word processor and what they can help us to do. We looked at Microsoft Word and the difference between editing and formatting a Word document including spelling and grammar checks and copy and paste as well as how to format text including underlining, *italics* and **bold**. The learners were then asked to format a Word document to make it more presentable to the reader.

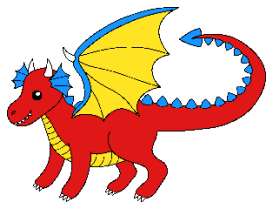


Phoenix Class

This term, Phoenix warmly welcomed Oscar into the classroom. All the children have been working hard in their lessons, showing great focus and enthusiasm. They particularly enjoyed their cooking sessions with Paola, where they had the opportunity to develop their culinary skills and explore new recipes.

Additionally, the children had a fantastic time celebrating World Book Day. Some arrived in wonderful costumes, bringing their favorite book characters to life and everyone participated in engaging group games in the afternoon, making it a truly memorable experience.

Well done, Phoenix, for an incredible Spring term! Your hard work and enthusiasm have been fantastic to see. Keep up the great effort!



Dragon Class

This term we have spent time outside enjoying the beginning of Spring. Some of us have enjoyed placing our feet in ice cold water. We celebrated world book day by discussing our favourite book characters. We have become more confident within the classroom and have completed our learning with a positive attitude. As a class we are continuing to build on the relationships we have throughout the school with both staff and peers. We have completed cookery, and we have enjoyed eating the delicious food we have created. We have enjoyed tree climbing and gaining confidence in our own strength.





Goblins Class

What a wonderful Spring term we have had at Wessex Lodge Primary. As we continue to settle into our beautiful new site, it has been a joy to see the children embracing their learning, making new friends, and enjoying more time outdoors as the nicer weather approaches. We have been lucky enough to welcome a new pupil to our class, and it has been heartwarming to see them settle in and enjoy their learning in Goblins.

A Look at What We've Been Learning

This term, our focus has been on Fantastic Mr Fox in Literacy, we've been exploring descriptive and instructional writing. We have made huge strides with our phonics, learning loads of new sounds and we have been really enjoying our reading. In Maths, we've been working on addition and subtraction and latterly, multiplication and division. It's been wonderful to see the children's confidence grow as they tackle challenges and celebrate their successes. We have been learning about plants in science and are carrying out an experiment to find out what affects the growth of plants.

A Few Memorable Moments

We've already had so many memorable moments, including Some wonderful trips to the park as a school. These experiences have been a fantastic way to bond as a school and develop a deeper appreciation for the outdoors. All the children have really enjoyed the school field and forest spaces over the past few weeks. Everyone shared in making a den and we are looking forward to doing some dedicated forest school sessions next term.

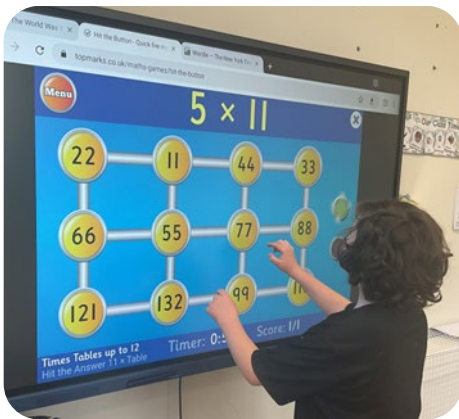
It's been a fantastic spring term filled with growth, discovery, and even a bit of sunshine! We are looking forward to being back after Easter, refreshed and ready to enjoy school.





Gnomes Class

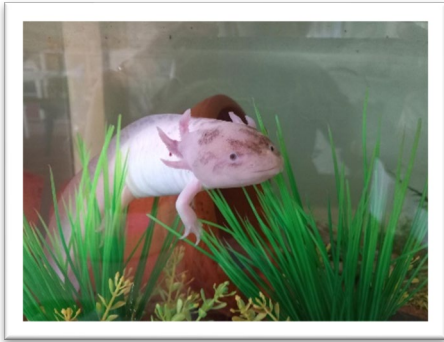
This term in English, we've begun our journey with the book *Varjak Paw*, diving into the text and sharing our opinions on the characters and plot. It's been great to see everyone engage with the story so thoughtfully. In maths, we've been working hard on our times tables and division facts, focusing on mastering all facts up to the 12 times table. In science, we explored the fascinating world of animals, learning how to group them. The highlight of this was going on a walk to observe and categorise the animals we found in their correct groups. Our art lessons have been equally exciting as we studied Asian artists, and everyone produced some amazing pieces of artwork. In topic, we've been learning all about China—its location, culture, and even tried our hand at building our very own Great Wall of China! Additionally, we've made sensory bottles and a lot of slime, adding a bit of fun to our term. Overall, it's been a fantastic term for Gnome Class. Keep up the brilliant work, everyone!





Trauma informed Practice

As a school we have been working hard to achieve the Outcomes first group Trauma informed practice accreditation. I am pleased to announce we have achieved Bronze again this year highlighting the way staff support parents, students and each other and this reflects in the relationships that are formed.



We now have 4 TIP Champions and 6 Thrive Practitioners across the 3 sites which will further support TIP and Thrive to be further embedded in everything we do.

Thrive



This term The Thrive team have been continuing to build positive relationships with our students and ensuring they recognise their safe people and places on their sites. We have welcomed a new addition to the Farm Thrive room – Archie the Axolotl. He has been a great focal point for the students. They all want to feed him his worms, so much so he might have to go on a diet over the Easter break!



One of the activities we have offered students in session this term is based on Kintsugi (literally, gold seams) is a traditional repair method that takes the broken or chipped parts of cherished vessels, glues them back together and paints the seams with gold or silver. Each student took a small terracotta and then painted it. Once dry, the pot was dropped onto the tiled floor, so it became broken. It was then put back together like a jigsaw puzzle and stuck back together with gold glue. This was to act as a visual

representation of repairing broken objects (could be ourselves also) and acknowledging their history rather than discarding them with the principle of treating everything with respect and concern.

Mindfulness activity of the term.

What is mindfulness?

Mindfulness is a technique you can learn which involves noticing what's happening in the present moment, without judgement. You might take notice and be aware of your mind, body or surroundings. The technique has roots in Buddhism and meditation, but you don't have to be spiritual, or have any particular beliefs, to try it.

Mindfulness aims to help you:

- become more self-aware
- feel calmer and less stressed
- feel more able to choose how to respond to your thoughts and feelings
- cope with difficult or unhelpful thoughts
- be kinder towards yourself.

Many people find practising mindfulness helps them manage their day-to-day wellbeing, but it doesn't always work for everyone.

This term we have used origami as our mindfulness activity – more specific origami “lucky Stars”. These are folded paper stars are a symbol of luck and prosperity. They are lucky to make and even more lucky to give away! The story goes that if you give someone 100 folded origami lucky stars then the recipient can make a wish.

Students have been able to pop in a make a star to fill the jar whenever the have needed a period of mindfulness.

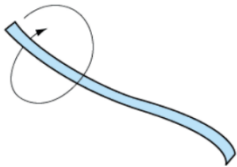
Below are some instructions for you to make your own Origami Lucky Stars.



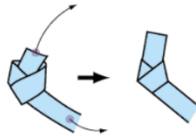
The origami lucky star is so easy to make, but it looks so pretty... soon you'll be making hundreds!

You make it with a strip of paper. A good starting size is about 30cm, or 1 foot long, and about 1cm wide, or about half an inch.

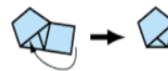
Once you have made a couple, you can choose the length and width that you think makes the best star.



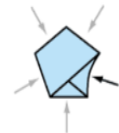
1. Start with a strip of paper. Tie a "knot" in the end of your paper.



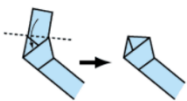
2. Pull gently to tighten, then flatten.



5. Keep wrapping until you get to the end of the strip.

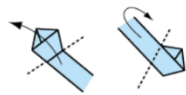


6. Now to make this little pentagon into a star, very gently and slowly use your fingernail to press on the centre of each of its edges. The star should puff out.



3. Fold the end of the strip down and tuck it into the knot.

You can cut a bit of it off if it's too long.



4. Now wrap the other end of the strip around and around this pentagon you have formed, creasing gently as you go.

Tuck the last bit of the strip into the pouch. You should be left with a cute little pentagon.



And you should have a lovely little lucky star! It may take some practise to get the star to puff out perfectly but stick with it... you'll get it!

If you are having a lot of trouble, try different papers, or try wrapping the strip of paper around without creasing it too much. This helps a bit.



Science

In GCSE this term at the Ark we have been learning about exchange and transport in animals in biology and we have been learning about electricity and circuits and physics. In entry level certificate we have been learning about forces, motion and energy is physics. In Biology we have been looking at health, disease and the development of medicines.

At the farm there has been a mix of exciting practical science using pressure to create bottle rockets. And looking how light works and interacts with the world around us.

At the primary we have been learning about living things and their habitats, animals including humans.



'Supporting students to prepare for their future, their way'

At Wessex Lodge School we aim to provide an individualised education to improve life outcomes. We recognise that supporting students to find the right pathway for them is a large part of this. Choosing which direction to take after leaving school is a big decision. We're here to support our students and make sure they know all the options and routes open to them. Our Careers programme is designed to give our young people the skills, knowledge and confidence they require to find and access a career they will enjoy and thrive in. Using the Gatsby Benchmarks and CDI Framework as a guide and Careerpilot and The Princes Trust Personal Development and Employability Skills qualification materials as a source we have created a careers programme for all secondary aged students that can be individualised to meet their needs. Alongside dedicated careers lessons students will receive advice from an independent, level 6 Careers Advisor on request.

The Careers Lead is Laura Gregg: LauraG@enhancedlearningservices.co.uk

Our Careers Advisor is Oli Masters: oli.masters@ofgl.co.uk

Please do contact Laura if you have any questions about our careers programme.

This term students on both the OFG Incredible Futures curriculum and Princes Trust curriculum have been using some useful websites to access Labour Market Information (LMI), including:

- <https://nationalcareers.service.gov.uk/>
- <https://careerpilot.org.uk/>
- <https://www.bbc.co.uk/bitesize/careers>
- <https://www.apprenticeships.gov.uk/>

Next term, on 13th May, we will be hosting our annual Careers Day at Newmead Farm. This will be open to all Secondary aged students. If you or anyone you know would like to get involved by running a session for students, please contact Laura on the email address above. This is a fantastic opportunity for students to find out about a range of careers and future options.

Design & Technology

It has been another busy term for the students studying design and technology in workshops at the farm site. It has been another busy term for the students in the Design and Technology department at the farm site. Over the past term, our students have been working hard on a variety of creative and technical projects that showcase their skills and imagination. Here are some of the highlights:



A wonderful example of a bowl made from epoxy resin. Colour dye was added to enhance the overall look and was very effective

The DT department has sometimes looked more F1 this term. This model comes with functioning steering, a spoiler and a sunroof!



Using the bandsaw to cut the shape. This student produced a lovely present for Mother's Day.


This fantastic WELCOME sign is due to be hung on the farm's front gates very soon. A technique called "Flick painting" was used for decoration.

We are so proud of the dedication and hard work our students continue to show in Design and Technology, and we look forward to a productive and exciting end to the school year!



CHINESE NEW YEAR at Wessex Lodge School 2025 - The Year of the Snake

In January we celebrated Chinese New Year at The Farm, The Ark and Wessex Lodge Primary and what an incredible week we had! This festival is 8 days long, also known as Lunar New Year and is celebrated all across Asia, with parties, festivals, fireworks, holidays and of course, amazing Chinese food!

Andrea and all her Home Cooking Skills students hosted a whole day of activities; fortune cookie making, Chinese lanterns, decorating dragons and making posters of the Chinese language and culture to cover the walls. The afternoon was so special because we all sat together for the Chinese crafts and then enjoyed a delicious banquet of Spring Rolls, Chow Mein and cakes to follow. Everyone had an opportunity to write their name in Chinese lettering and we all had fun finding out what our Chinese Zodiac Calendar animal was. We even learnt how to eat with chopsticks, although forks were also available! 



Wessex Lodge School

Outcomes First Group.

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Spring 25' Newsletter



Mindful March 2025

SATURDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SUNDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

MONDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

TUESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

WEDNESDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

THURSDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are

FRIDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

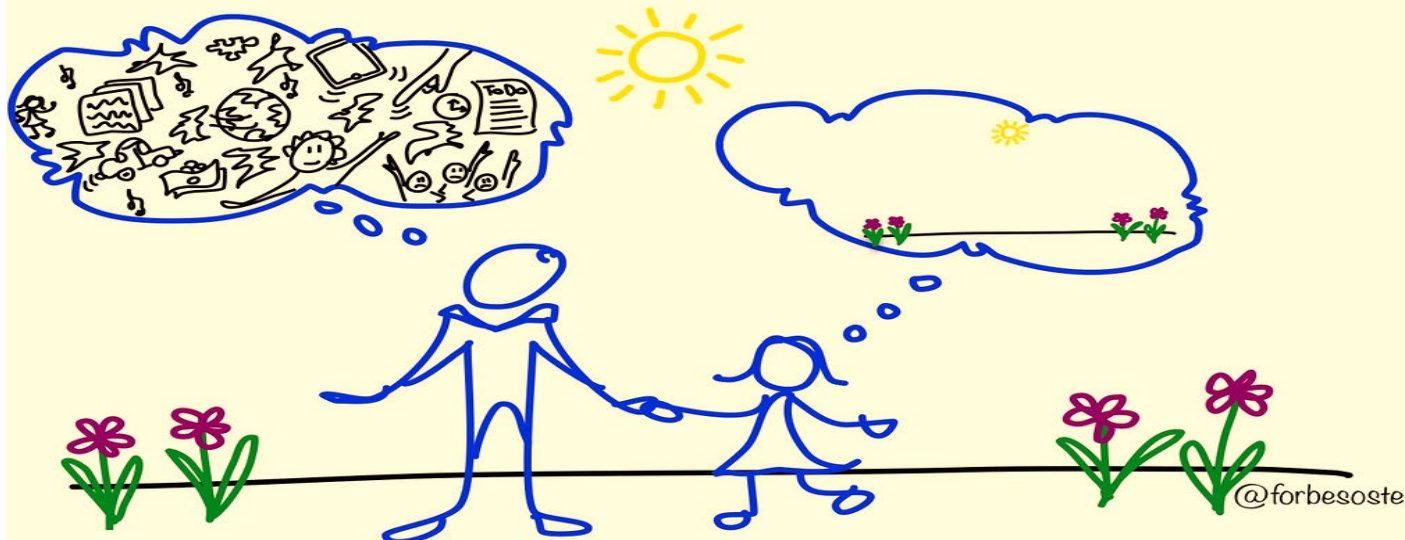
28 Notice when you're tired and take a break as soon as possible



ACTION FOR HAPPINESS

Happier · Kinder · Together

Mind Full, or Mindful?



@forbesoste

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Spring 25' Newsletter



Academic calendar 2025/26 UK

Calendar^{co.uk}
pedia
Your source for calendars

September 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
36	1	2	3	4	5	6	7
37	8	9	10	11	12	13	14
38	15	16	17	18	19	20	21
39	22	23	24	25	26	27	28
40	29	30					

October 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
40			1	2	3	4	5
41	6	7	8	9	10	11	12
42	13	14	15	16	17	18	19
43	20	21	22	23	24	25	26
44	27	28	29	30	31		

November 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
44						1	2
45	3	4	5	6	7	8	9
46	10	11	12	13	14	15	16
47	17	18	19	20	21	22	23
48	24	25	26	27	28	29	30

December 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
49	1	2	3	4	5	6	7
50	8	9	10	11	12	13	14
51	15	16	17	18	19	20	21
52	22	23	24	25	26	27	28
1	29	30	31				

January 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
1				1	2	3	4
2	5	6	7	8	9	10	11
3	12	13	14	15	16	17	18
4	19	20	21	22	23	24	25
5	26	27	28	29	30	31	

February 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
5							1
6	2	3	4	5	6	7	8
7	9	10	11	12	13	14	15
8	16	17	18	19	20	21	22
9	23	24	25	26	27	28	

March 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
9							1
10	2	3	4	5	6	7	8
11	9	10	11	12	13	14	15
12	16	17	18	19	20	21	22
13	23	24	25	26	27	28	29
14	30	31					

April 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
14			1	2	3	4	5
15	6	7	8	9	10	11	12
16	13	14	15	16	17	18	19
17	20	21	22	23	24	25	26
18	27	28	29	30			

May 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
18					1	2	3
19	4	5	6	7	8	9	10
20	11	12	13	14	15	16	17
21	18	19	20	21	22	23	24
22	25	26	27	28	29	30	31

June 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
23	1	2	3	4	5	6	7
24	8	9	10	11	12	13	14
25	15	16	17	18	19	20	21
26	22	23	24	25	26	27	28
27	29	30					

July 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
27			1	2	3	4	5
28	6	7	8	9	10	11	12
29	13	14	15	16	17	18	19
30	20	21	22	23	24	25	26
31	27	28	29	30	31		

August 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
31						1	2
32	3	4	5	6	7	8	9
33	10	11	12	13	14	15	16
34	17	18	19	20	21	22	23
35	24	25	26	27	28	29	30
36	31						

Bank holidays 2025/26 UK

25 December '25	Christmas Day	1 January '26	New Year's Day	4 May '26	Early May Bank Holiday
26 December '25	Boxing Day	3 April '26	Good Friday	25 May '26	Spring Bank Holiday
		6 April '26	Easter Monday	31 August '26	August Bank Holiday

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