

TCES NATIONAL ONLINE SCHOOL NEWSLETTER SEPTEMBER 2023



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Welcome Back to a New Term.

We have new teachers, new subjects, new clubs, new students, and a new timetable.

What we haven't changed is that we understand that our pupils need a different, personalised approach to deliver their education.

There have been some big changes this year and at the end of the summer term we were able to celebrate some great events, competitions, lessons, assemblies, starters, and leavers.

There is no way that anyone can say that things stay the same at the Online School.

This year's GCSE results were fantastic with students achieving GCSE grades of 4 to 8 in a number of different subjects including English Literature, English Language, Combined Science, Maths and Biology.

But there was so much progress that cannot be measured just by academic grades alone and we are proud of the individual progress that each of our pupils has been able to make.

Coming back to school after the summer holidays is hard for all pupils. Which is why we have been so proud of our students both existing and a warm welcome to our new students.

This year sees the introduction of a new school timetable with Assemblies at 9 on Monday, Wednesday and Friday and Time to Train with our resident PE teacher at 9am on Tuesday and Thursday.

Getting ready for the school day has never been easier. Planning and sticking to a routine can really build good habits for consistency, which makes it easier to be ready to learn.

To futher help this year we have Jess who will be working with our Clinical team to deliver 'In the Zone' - to practice the strategies that help when you are feeling overwhelmed or anxious. This will take place daily at 11.15pm and 1:15pm.

9:00-9:25	Assembly	Assembly	Time To Train	Assembly	Time to Train	Assembly
9:30-10:15	Lesson 1					
10:15-10:30	Break	Break				
10:30-11:15	Lesson 2					
11:15-11:30	Zones of Regulation	In the Zone	In the Zone	In the Zone	In the Zone	In the Zone
11:30-12:15	Lesson 3					
12:15-12:30	DEAR	Drop Everything and Read (DEAR)				
12:30-1:15	Lunch	LUNCH				
1:15-1:30	Zones of Regulation	In the Zone	In the Zone	In the Zone	In the Zone	Independent Working (Lexia, Typing, Reading, project work)
1:30-2:15	Lesson 4					
2:15-3:00	Enrichment	Language Club (Claire & Natalie)	Edible Science (Claire & Natalie)	Sports Skills (Lee & Jess)	Cooking Club (Edit & Ben)	

Parent and Student Support Webinars



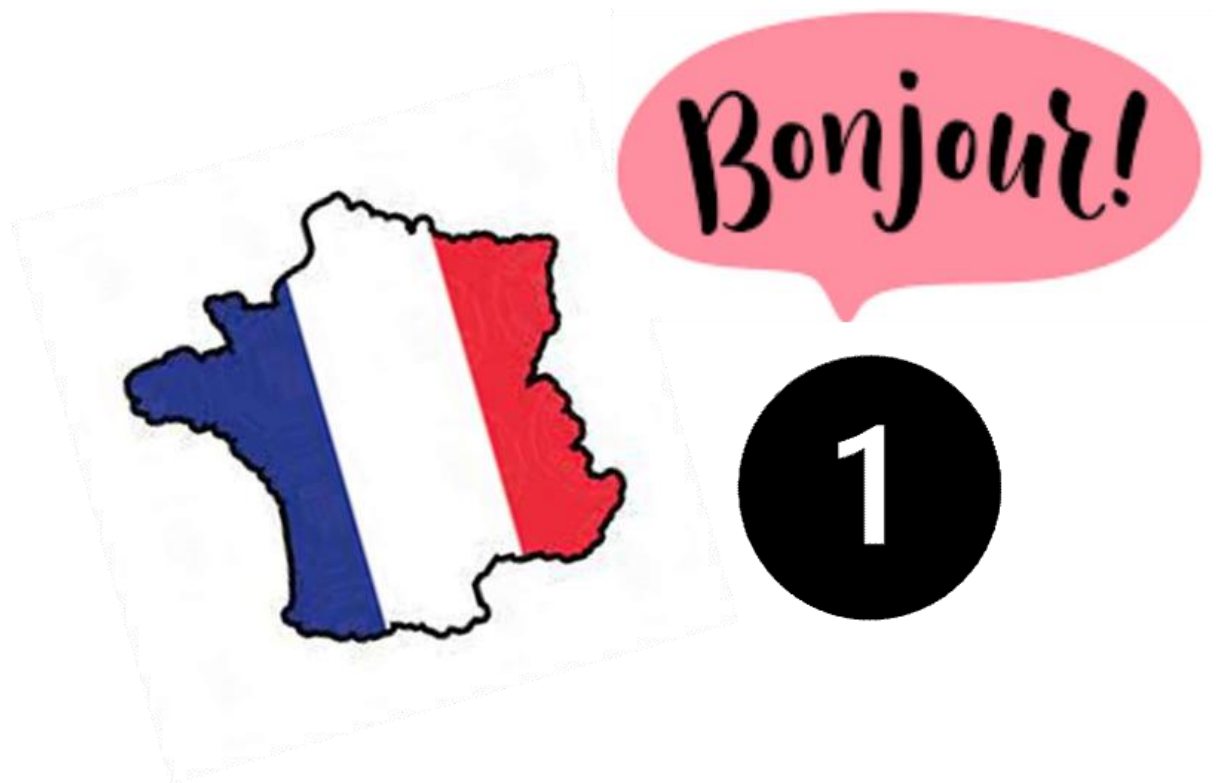
We are also pleased to announce the first of our parent and pupil webinars on Sleep.

Sleep can be very hard for many people, when ideas are rushing around your head, and it seems impossible to go to sleep. Our Clinical Team know that this can really impact our students and their families and are here to help.

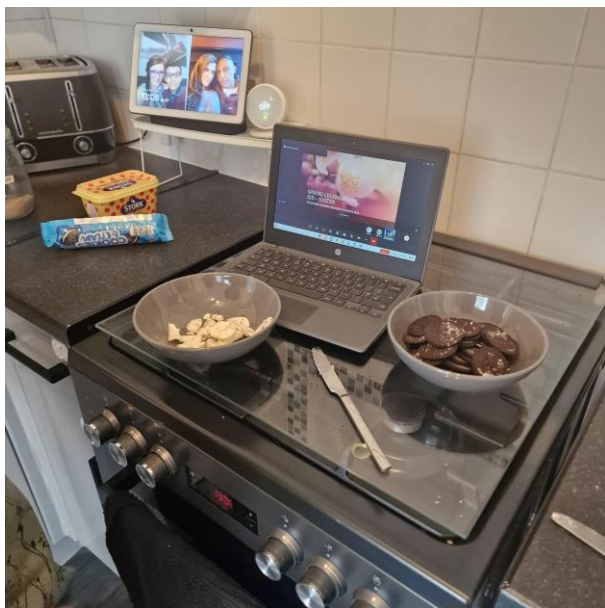
Our first Webinar is on Tuesday 12th September at 2:30pm - please contact Stephanie.lee@tces.org.uk if you do not already have a link to the meeting.

- *1. Understand the importance of sleep for your child's cognitive, emotional, and physical development.*
- *2. Gain insights into optimising sleep hygiene and establishing consistent routines.*
- *3. Discover strategies to navigate technology and screen time challenges in the bedroom.*
- *4. Gain insight into managing anxiety and stress that can interfere with quality sleep.*
- *5. Receive recommendations for relaxation techniques and activities to promote relaxation before bedtime."*

Enrichment opportunities



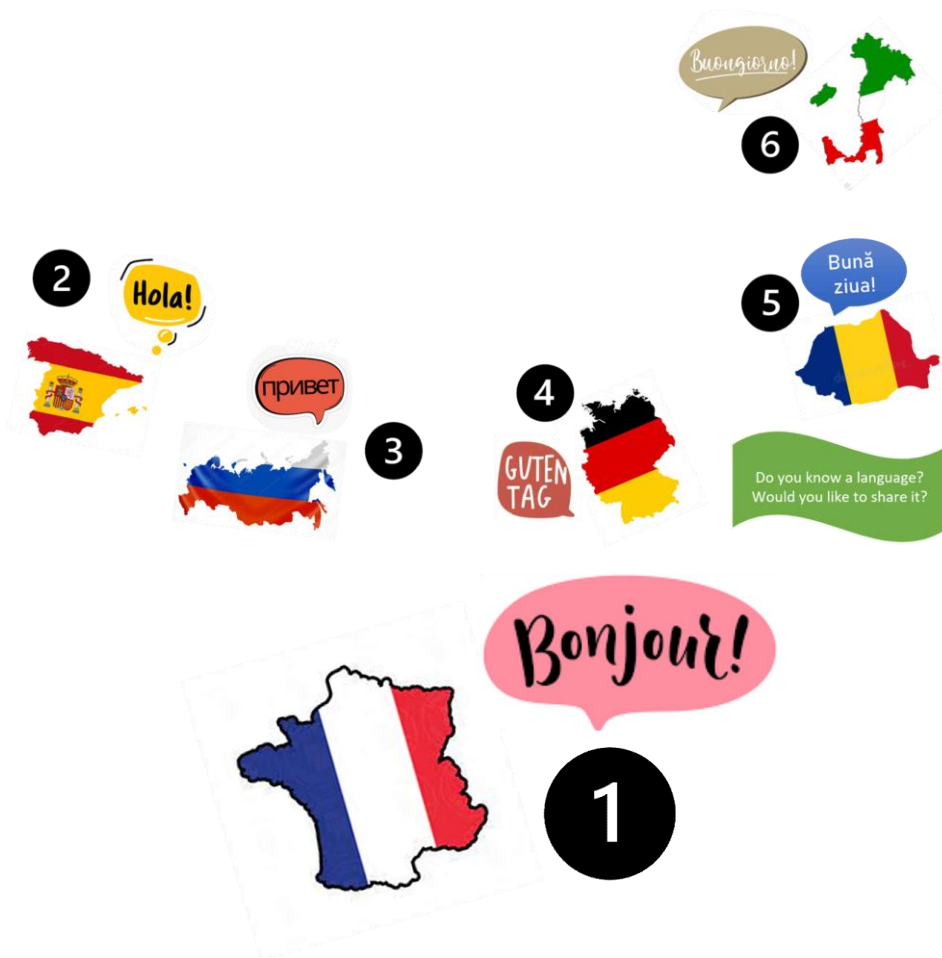
Our enrichment clubs are run from 2.15 onwards and this year include Languages Club, Cooking Club, Sports Skills, and Edible Science





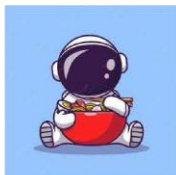






WINNING RECIPES FROM
LAST ACADEMIC YEAR:
OREO CAKE, RUSTIC
PIZZA, BANANA
PANCAKE. COME FOR
MORE!

**COOKING
CLUB**
THURSDAYS 2.15-3.00
with Edit



EDIBLE SCIENCE

Join us for a deliciously fun time!
Tuesdays at 2.15pm



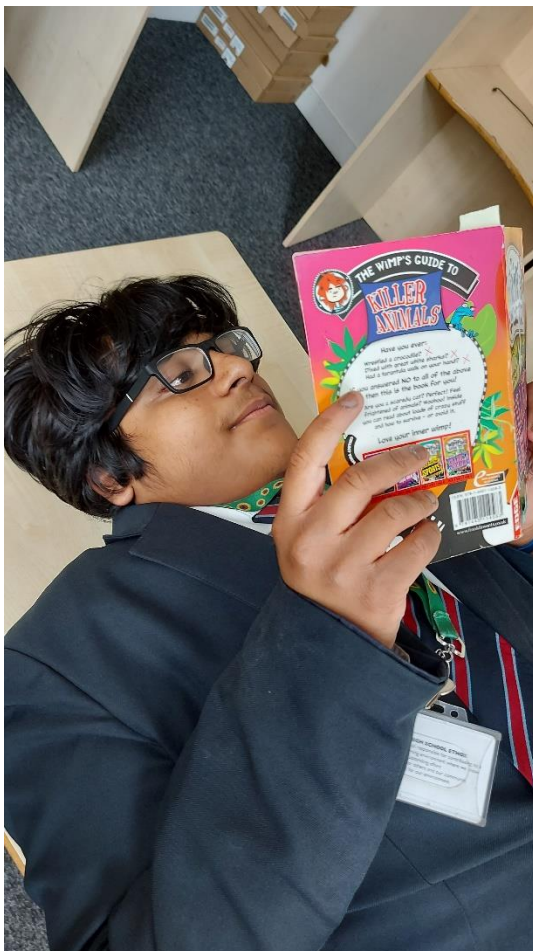
If you want anymore information or have any
questions please contact Claire Scargill

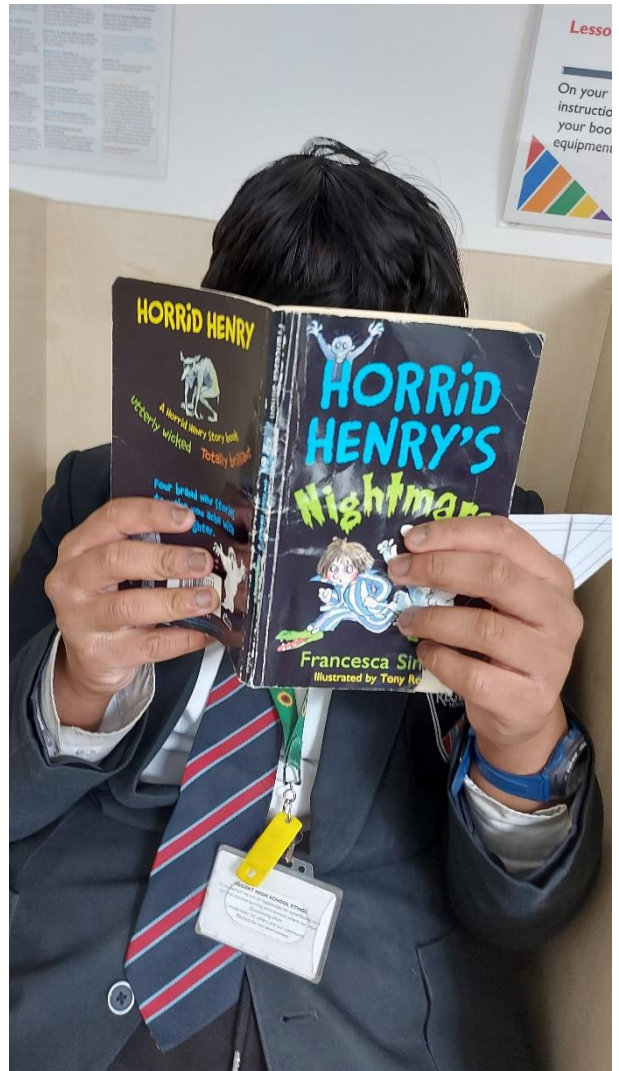


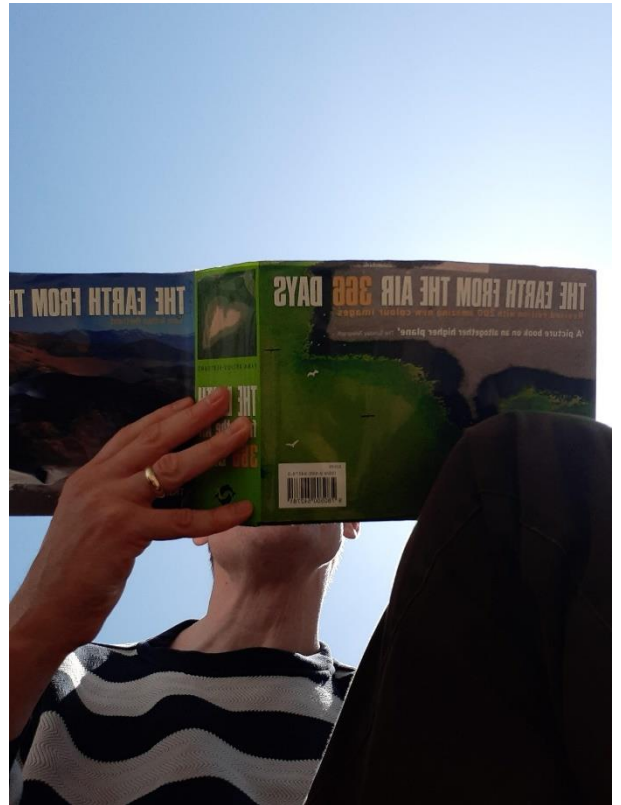
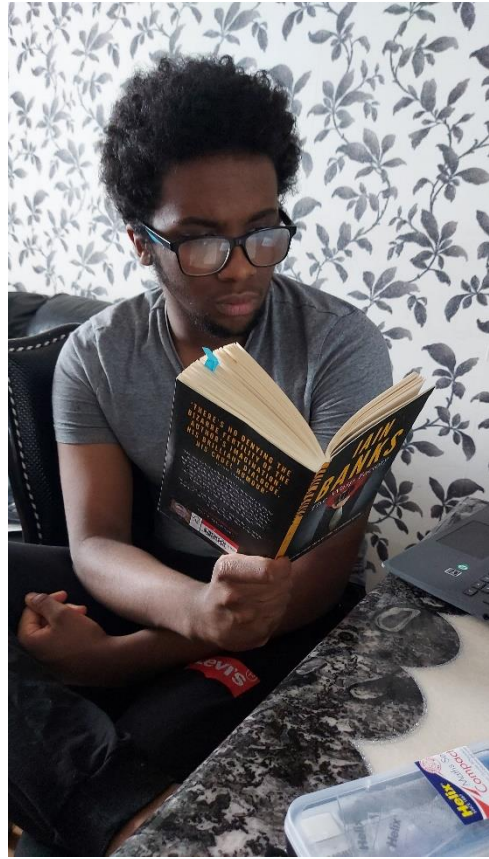


Get Caught Reading

We joined the National Reading Challenge last term with our 'get caught reading' competition. Here are some of our entries.







Student Council



EVERY PUPIL HAS A VOICE
TO BE HEARD.

YOU'RE INVITED!

TO JOIN OUR STUDENT COUNCIL

Our Student Council was launched last year and is a great opportunity for each student to have their opinion heard and to know that their voice matters to us.

Thank you to our wonderful students for providing such great content this year - including our resident National Online School models - *Luna and Mabel* - pictured on the front page getting ready for a '*club tropicana*' holiday.



We love to hear of the trips that our students go on - if you have anything to share, please send it to us.

One of our students at the London Sealife Centre. He had a fantastic day with his mum seeing lots of different sea life.





Caught Being Great

**caught
being great**

Every week tutors nominate students when they are caught being great. This might be great attendance or a great piece of work, but it might be putting their camera on, or an inciteful comment.

Every child has different hurdles, challenges, and targets, so every 'catcha' - is a representation of a successful step for a student. At the end of each week, we pull a 'catcha' out of the hat for a prize.

Last year's end of term prize goes to Bailey Jones - Well done Bailey - Amazon Voucher is on its way to you.

Thank You



We are looking forward to some great content for our next newsletter.