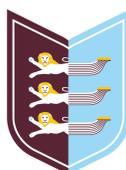


September 2022 at The Colne



THE COLNE
COMMUNITY SCHOOL & COLLEGE

Hello and a warm welcome to the old and new faces that we have seen this term! We would love to start off by saying this monthly newsletter will now be run by a few of us students in Year 10 and we are delighted to have this opportunity.

For the year 7s, this is the start of your secondary journey, and we hope the jump hasn't been too difficult and that you are settling in well. Good luck to the Year 11s who have a busy year of mocks and GCSEs ahead of them. We know you will do amazingly, it's crazy to think this will be us in less than a year!

We hope everyone's term has started off well and the rest of the year goes the same way. Here are a few important announcements from members of staff that you should take note of.

Enjoy reading!

Kaina, Grace, and Flora

Mental Health - Miss Wynne



Essex Partnership University
NHS Foundation Trust



Department for Levelling Up,
Housing & Communities

Year 11s have had a fantastic opportunity to take part in 2 x 1hr sessions in relation to wellbeing. We had a clinical psychologist from the NHS visit us. They covered the natural ups and downs of life for teenagers and how to handle different emotions. Enable East and the NHS Essex Partnership, who are delivering the sessions, hope to take this workshop to many schools, once feedback is received from our Year 11 students.



Students were also given an overview of a day in the life of a clinical psychologist, to give them a full insight into mental health, prevention and ways to help improve wellbeing.



School Production - Ms Sargent

Rehearsals have started for the next school production of the Lion King. The show will take place in February 2023.

We would welcome any one who would like to take part to come along to Tuesdays and Thursdays after school rehearsals in the Dance Studio.

We look forward to seeing you there!

Music - Mrs Pipe

The Music Department is delighted that so many students are choosing to have instrument or singing lessons at school with many others learning privately outside of school. If you have any instruments or sheet music at home that you no longer use or need, we would be delighted to receive any of these to be able to support more students in learning instruments. Please contact Mrs Pipe for any further information.



The Haven and ELSA - Mrs Green and Mrs Simpson

'Providing social and emotional support at The Colne.'

We have been so pleased to welcome some of our Year 7s to our provision at The Colne which provides vital support for anxious students during their first term at secondary school. We have also welcomed back many existing students from all year groups who still need our support.

Work at The Haven offers the highest level of support by our qualified practitioners, Mrs Green and Mrs Simpson, who set up the provision over five years ago in response to the growing need to support students. They continue to offer both individual and group sessions and have been able to make a real difference to students' wellbeing at The Colne.

Alongside our Haven provision, The Colne are also really proud to introduce our new ELSA programme. An ELSA is an Emotional Literacy Support Assistant trained by educational psychologists. We have two ELSAs at the Colne School, Mrs Simpson and Mrs Kelly.



The ELSA programme aims to help to ensure that students feel happy in school and are reaching their potential educationally by identifying and reducing any barriers to learning.

In ELSA we aim to provide support for a wide range of emotional needs:

- Recognising emotions
- Self-esteem
- Social Skills
- Friendship skills
- Anger management
- Loss and bereavement

How do our provisions work?

We are a supportive provision that provides emotional support. We aim to establish a warm, respectful relationship with our pupils and to provide a reflective space where they are able to honestly share their thoughts and feelings. It needs to be appreciated that change cannot necessarily be achieved rapidly and is dependent upon the context and complexity of the presenting issues.

Training and development of our ELSAs and our Haven practitioners is an ongoing process and we work closely with the Year Leaders, SENCO and class teachers to identify those students who may need extra support, thus creating a whole school approach to wellbeing.

Staff who currently support in our provision:

Mrs Green, Mrs Simpson, Mrs Kelly and Miss Russell



COLNE READING CHALLENGE

26th September to 16th December. Log your books on the [Reading Website!](#)

1 DYSTOPIAN
H.G. Wells was born on the 21st September. Read *The Time Machine*, *War of the Worlds*, or another dystopian text from another author.

2 A FEMALE AUTHOR
Sylvia Plath was born on the 27th October. Read a book from a woman who broke the mould.

3 NOVEMBER
November sees 'Movember': men raising money for men's health. See what charity shops are around and choose a book from there, supporting a charity in the process!

See Miss Reuben for any more details or questions in A9.

Don't know where to start? Go to the [Reading Website](#) to help you out.

Reading Challenge - Miss Reuben

Our 2022 Winter Reading Challenge is now underway!

The Reading Challenge is an excellent way to add breadth to your literature repertoire, exposing you to new texts and genres that you may not have thought to read before.

Please speak to Miss Reuben, who can be found in classroom A9, for more details.

That's all for this month, we will see you next time for more announcements, achievements and reminders!

Your Student Newsletter Committee