

# Newsletter

## Ancora House School



December 2022

# Welcome!

Hello from everyone at Ancora House School, Castle Park. It is feeling distinctly chilly as I write this message, with Christmas just around the corner and a well-deserved break for our young people. It has been another busy term with many new learners joining us, and our Post-16 group starting their bespoke course.

We started the term with feedback evening where teachers and parents got chance to sit down and talk about the learners and their progress in all areas. We received some wonderful feedback from parents and carers, and it was lovely to be able to share the positive experiences of our learners.

The young people have had the opportunity to be involved in weekly PE sessions every Thursday run by Mike from Vara Sports. This has been a fantastic addition to our curriculum and gives our learners chance to develop their love of sport and be outside. Science has also been taking advantage of the great outdoors with many lessons incorporating activities in the park. Our young people were also excited to find out the Children in Need Rickshaw Challenge was heading through Frodsham and went down to show them our support and meet Pudsey Bear! The Post 16 group have been out and about all term from Tesco, to the Danny Boat and representing the school at the Remembrance Service at the Monument on the Hill. Finally, all the staff at Ancora House School would like to wish you a happy holiday. We look forward to seeing the young people back in school on Wednesday 4<sup>th</sup> January.



Ancora House School are proud to be taking part in the annual Christmas Tree Festival at Chester cathedral. The students have created decorations here at school. The festival is on from the 27<sup>th</sup> November until the beginning of January. Please vote for our tree!

## PE @ Castle Park with Vara Sports

We have been taking part in a variety of sports in our PE sessions.



We gave our support to Pudsey and The Rickshaw challenge.



### Outdoor learning

In Science this term we have been creating a season wheel. Interesting to see how the colours change, but also how the colour change indicates the effects of global warming.

## Parent & carer comments

We are always open to feedback, and we welcome, and value the views of parents and carers. Below are some comments received recently.

"I feel that my child is thriving at Ancora and whilst he is there, they are able to contribute and highlight the support needs he has around his education".

"The staff take time to know every child individually".

"Bespoke teaching for my child with extremely complex needs. The staff at the school are always friendly and approachable".



### Post 16 - Tesco

As a group, we visited Tesco in the centre of Chester for a tour and to learn what happens behind the scenes and what each job includes. This involved going into the bakery, the store cupboard, learning about self-service, where they load and sent out deliveries and even going into the big fridges at the back of the store.

I learnt the basics of a normal supermarket, what each job involves and the skills needed to do the different roles around the store. I enjoyed going behind the scenes and seeing the parts you wouldn't get to see as a customer and the different jobs that you don't always see such as the person the does and looks after the click and collect role.

Written by S – Post 16 student.

### Hedge-laying

2 Day Course Chester Zoo (November)

I have learnt hedge-laying skills in the community. This was a two-day project with Chester Zoo and and the River Trust. At first, I was saying I'm not doing that, but when I got there I felt welcomed and my confidence grew. I had some good laughs with the team and even though it was cold and damp we all took the information in. We watched how to use the tools to hedge lay, and how to cut the tree to the correct height then we had a good chat about future opportunities and how much you earn form hedge-laying- I was surprised! On the second day we finished the hedge row and it all joined up together. At the end we all got a qualification so we could do this as a job in the future and progress to the next stage. I honestly thought I was going to hate it and moaned all the time about how cold it was, but once you're out there keeping your mind busy you start to enjoy it! I was grateful for the chance to do it, and the people I met- I'd recommend it to anyone who loves to get outdoors.

Written by T – Post 16 student.

### STEM fact:

Every snowflake is (most probably) unique.



Snowflakes are ice crystals made at specific air temperatures, pressures and humidity. Any changes in those can influence the way that water molecules bond together before they eventually rest on the ground. The average snowflake is also made of 10,000,000,000,000,000,000 (ten quintillion) different molecules of water. These can arrange themselves in a near-infinite number of ways! That makes the odds of two exact replicas very, very low.

### Safety Central trip – Fire service



We had a trip to Safety Central – a fire service site in which our students learned about safety in the home and when out and about.

## Remembrance



It is important to us that students recognise the value of remembrance Sunday, and the symbolism of the poppy. A group of students placed a wreath at the cenotaph, as well as making a poppy display for our school garden.

## Help and support this Christmas

Mental Health Support

Age UK - 01606 720 434 (<http://www.ageuk.org.uk/cheshire/our-services/>)

MIND -0300 123 3393

Samaritans - 08457 90 90 90

CALM (Campaign Against Living Miserably) - 0800 58 58 58 or text 07537 404717

[Christmas and mental health - Mind](#)

[Household Support Fund | Cheshire West and Chester Council](#)

[Help in Emergencies for Local People \(HELP\) | Cheshire West and Chester Council](#)

