



THE **Pilgrim** SCHOOL

Hope filled Opportunities Provided for Everyone

enquiries@pilgrim.lincs.sch.uk
www.pilgrim.lincs.sch.uk

Lincoln Base
Carrington Drive
Lincoln
LN6 0DE

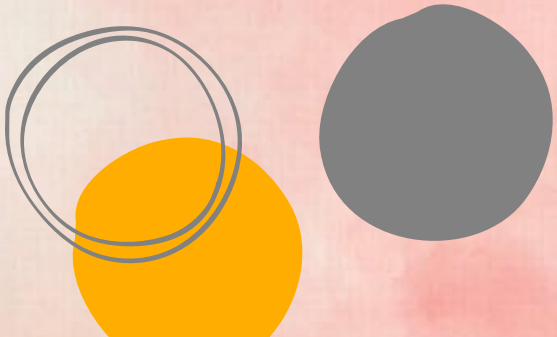
Tel: 01522 682319

Baumber Base
Lincoln Rd
Baumber
Horncastle
LN9 5ND

Tel: 01507 355916

Amber Hill Base
Sutterton Drove
Amber Hill
Boston
PE20 3RQ

Tel: 01205 743107



Welcome

Here at The Pilgrim School, we provide education to those pupils who cannot attend their mainstream school when a medical condition prevents them from doing so, such as:

- Mental Health difficulties
- Post operative
- Oncology
- Chronic Fatigue Syndrome
- Any other medical condition

The Pilgrim School is not a school of choice and places are offered on a referral basis, either from mainstream school or the Local Authority.

What do we do?

- Teach—help you to learn
- Listen and Support—help you to feel more confident
- Prepare you for the next steps

Where do we teach?

- In small groups at one of our 3 bases: Lincoln, Baumber and Amber Hill
- Where unavoidable, in the home or at an alternative venue e.g. Library
- Hospital (occasionally)

What do we teach?

- Core subjects: Maths, English, Science
- Humanities: History, Geography & RE (with mainstream support)
- Languages: French and German
- BTECs: ICT, Music, Health and Social Care and Psychology, among others
- Other programs: WOW (Wellbeing on Wednesdays) and Duke of Edinburgh Award

Pupil timetables are designed to meet each pupil's needs on an individual basis and can be changed, when necessary, to ensure that the provision remains appropriate. Regular reviews will be held involving your family, mainstream school and the medical professionals involved in your care.

Lincoln Base



Baumber Base



Amber Hill



What do we expect from you?

- To do the best you can
- To be patient - making progress and feeling better takes time
- To communicate

What do we expect from your family?

- To support you when we're not there
- To keep us informed if anything changes
- To work with us so that you have the best chance of making progress

TIME TO TALK



“Time to Talk” is a weekly offer made to you to speak to your Pastoral Support and Welfare Specialist on your own, to discuss anything that may be on your mind. That could be:

- What happened at the weekend
- What you've got planned this week
- Any worries or concerns you have
- Post 16/Careers/Work experience/Returning to your main school



“Time to Talk” is not compulsory and is not a counselling session or a replacement for any other professional you may be seeing (e.g CAMHS, Counsellor). Pastoral Support and Welfare Specialists are there to support you and listen while you are at The Pilgrim School. There will always be someone to talk to outside of this weekly session should you need to, please don't suffer in silence if your Pastoral Support and Welfare Specialist is not available.

Pastoral Support and Welfare Specialists will do their best to ensure conversations are kept confidential but this may not be possible 100% of the time. Confidence will be broken if you tell your Pastoral Support and Welfare Specialist, or anyone else, something that puts you or anyone else at significant risk of harm or breaks the law. In this instance you will be told who needs to be informed and why.

A list of other agencies you can contact, should you need to talk, are available in this booklet.



SOCIAL MEDIA



@PilgrimLincs

ottotheschooldog



You can also find out loads about what to expect at The Pilgrim School at

<https://www.pilgrim.lincs.sch.uk/pupils>. Be sure to check out the rest of the website while you're there!

The Pilgrim School
Lincolnshire





A letter from a past pupil



Dear soon-to-be students,

Welcome to the Pilgrim School Family! This is one of the best places to be in all honesty; well except in bed of course!

Before I started at Pilgrim School what I generally thought about school was that it was a 'prison' where young adults who are trying to find themselves and become individuals were forced into a uniform and were wanted to be carbon copies of each other.

However, on my first day I was blown away by how different this school was! Now hold on before you dismiss me, imagine college, no uniforms, no yes miss, no miss; you can wear what you like (within reason of course) and talk to your teachers as equals! Also the best bit about that is that they don't look down on you because you're younger and maybe slightly less experienced than them!

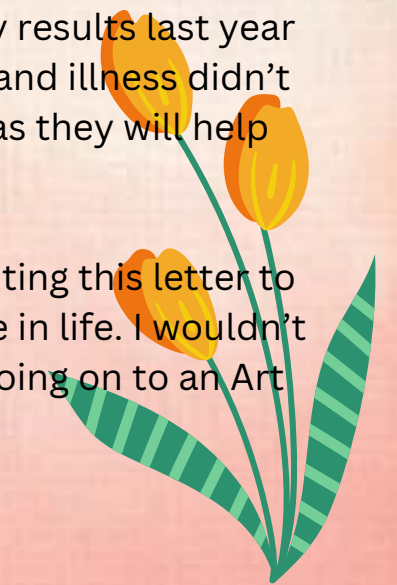
Now, I settled in fairly quickly I would say, considering I hadn't really been out of my house for two years because of my Chronic Fatigue Syndrome, (if you're curious look it up) but it might take you more or less time because everyone's different.

The people who helped me to settle were the teachers, students, my caseworker (who was also my English teacher) and the support worker, John.

I've had a lot of opportunities at The Pilgrim School, I put my ability in Graphics to work by designing Prom tickets and I've a lot of work in my lessons even though my school only left me with 17 weeks to complete 3 GCSEs and 1 BTEC, but I got it done with the help of my teachers.

I had a slightly difficult time on the run up to my exams after my results last year being dragged down by not being able to finish my coursework and illness didn't help during my exams either but they helped me to keep going as they will help you no matter how difficult it may be for you.

Now it's my last day and I'm relaxing drawing and, of course, writing this letter to you. I don't feel worried or stressed that I'm not going anywhere in life. I wouldn't change anything except finding The Pilgrim School earlier. I'm going on to an Art and Design course at college and planning from there.



Good Luck and Goodbye from Krystal, Age 16

USEFUL CONTACTS



TEXT
shout
TO
85258

shout 24/7



SAMARITANS

Call us free 24/7 on
116 123
samaritans.org



CALL
111

when it's less
urgent than 999



Beat
Eating disorders

Helpline 0808 801 0677 Studentline 0808 801 0811 Youthline 0808 801 0711

Our Helplines are open 365 days a year from 9am-8pm during the week, and 4pm-8pm on weekends and bank holidays.

@beatED



Are you feeling low, anxious or stressed?

Don't bottle up your feelings

Talking helps
0800 001 4331

mhm mental health matters NHS



ChildLine

0800 1111 



We need to talk about...

HOPELINEUK
0800 068 41 41

 **PAPYRUS**
MENTAL HEALTH SUPPORT



Mental health and emotional wellbeing advice line for young people, parents and carers

HERE4YOU

01522 309120
Available 24/7



keoth

Free online counselling support for young people

KEEPING SAFE...

Working Together

At Pilgrim we will work together with other services to support you. We will come together as a team that keeps you as the team leader and the main focus.

What is safeguarding?

Safeguarding is the process in which we ensure your health and well-being needs are met and you are protected from harm.

Who Can I Talk To?

You can talk to any member of staff that you feel comfortable talking to, all staff will do what they can to support you.

Pilgrim has a big pastoral team who are trained and experienced in supporting a range of situations with strategies, a listening ear and a hopeful voice.

Please see the safeguarding posters around school for more people you can talk to.



Bev



Mel

How can I keep myself safe?

At Pilgrim, we will support you with gaining the tools and strategies you need to keep yourself safe. We do this through tutor times, PSHE lessons, enrichment sessions, and the positive relationships formed between staff and pupils.

Topics covered include:

- Drugs and Alcohol
- County Lines / Exploitation
- Healthy Relationships including Consent.
- Health and well-being
- On-line safety

What is confidentiality?

Confidentiality means respecting a person's privacy and keeping information shared privately.

There are times when we are unable to keep information confidential and this includes:

- If you are unsafe / at risk of being harmed.
- If someone else is unsafe / at risk of being harmed.
- We will always aim to tell you who we have to share information with and why.

PILGRIM PLUS

Pupils at key stage three and those following a less formal route at key stage four will be timetabled for 'Pilgrim Plus' as part of their provision offer. This is an umbrella term for a range of sessions which run on a rotational basis throughout the school year.

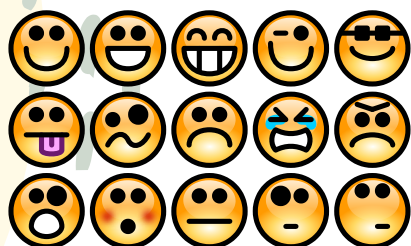
Social Skills

The focus of these lessons is on teaching social knowledge, identity and collaboration and enabling socially isolated children to feel part of a group. Topics covered include body language and non-verbal communication, self-awareness and self-esteem, assertiveness and relationships, conversational skills, as well as the opportunity for pupils to take part in group challenges and activities, such as team building exercises.



ELSA

The Pilgrim School also has ELSAs and similarly trained staff. ELSAs are Emotional Literacy Support Assistants. They are specialist support staff who aim to support and build up your emotional development and help you cope with life's challenges. They understand the barriers to learning that some children and young people might have and can help them with this. An ELSA is not there to fix problems but to help you find your own solutions and offer that important support. These sessions may be on an individual basis or in a group. ELSA acknowledges that children and young people learn best when they feel happier and their emotional needs are being addressed.



Enterprise

The focus here is to challenge the pupils to turn their ideas into a business reality. Enterprise considers the set up cost, raw materials needed and processes involved with setting up a venture or a project. The pupils get the opportunity to develop independent and collaborative thinking skills as they progress through this course and at the end will get the chance to put their project into action. Past projects have included bake sales and T-Shirt design. Enterprise has also given the pupils in our school a chance to raise awareness and monies for charity.



ENRICHMENT AFTERNOONS

At each Pilgrim School base, Wednesday afternoons are dedicated to enrichment as part of our Personal Development Curriculum and pupils can access a range of options.

WOW!

Wellbeing on Wednesdays

This bespoke program has been created and is led by Pastoral Support and Welfare Specialists (PSWS). It incorporates activities and tasks planned to build knowledge and skills in the following areas:

The program is planned over the course of an academic year but can be repeated multiple times as pupil's knowledge and experience grow. Sessions are informal and a mix of in house and external resources and activities.

Aspirations and goals	Next Steps, Goal setting, Pathways thinking
Self-concept	Self-awareness, Self-confidence, Reframing adversity
Safe, secure base	Belonging, Support networks, Staying safe
Emotional regulation	Coping strategies, Emotional literacy
Understanding of relationships	Healthy relationships, Teamwork, Social development
Independence and life skills	Travel, Time management, Communication skills, Problem solving
Experiences that challenge	Risk taking, Resilience, Perseverance, Success
Community engagement	School, local and wider community involvement
Healthy Lifestyles	Emotional health, Physical health, Accessing support

Lifeskills

Our life skills sessions are designed to give real world examples to better prepare our pupils for their life ahead. From personal finances, to garden maintenance and cooking, there is a wide variety of skills we will coach our pupils through.

DofE

Duke of Edinburgh Award Scheme

Pupils complete a range of activities towards their certificate incorporating expedition training, developing a skill, volunteering and physical activity. Most parts are done within timetabled lessons.

Yr 11 catch-up

Catch-up sessions (Year 11 only)

In addition to the personal development offer, year 11 students are given the opportunity to attend catch up sessions in Maths, English and Science.

ATTENDANCE AT THE PILGRIM SCHOOL

At The Pilgrim School we have many ways to support you to attend - we want you to be here and feel able to access your education provision because we believe it is important for your future.



We hope that your provision accurately reflects what you can currently manage (based on your medical needs). Your provision is agreed between you, your family, PSWS/Academic Link and mainstream school.

We use attendance data to help us consider whether we have got your provision right and to reflect on whether you might be ready to increase your provision, if a decrease is necessary or even if you might be ready to reintegrate. It isn't the only information we use to make this decision, so don't worry!

WHAT?

We track attendance at The Pilgrim School and keep an eye on how much you have attended of your provision offered - i.e. what you are timetabled for. We also monitor your attendance against a full-time equivalent (i.e. 25 hours per week = full-time = what most pupils receive in a mainstream setting).

WHEN?

We log every pupil's attendance daily for safeguarding purposes. In addition to this, we take a closer look at every individual pupil's attendance on a termly basis and cumulatively over the academic year and present both as a percentage.

WHY?

Every pupil is entitled to a full-time timetable. This doesn't mean it is right for every pupil but it should be possible, considered and aspired to.

TALK

If you are not coming in to school, please let us know before the time you are due in.

If you are struggling to attend your provision, please let us know so we can work with you, support you and consider how we can best support you.

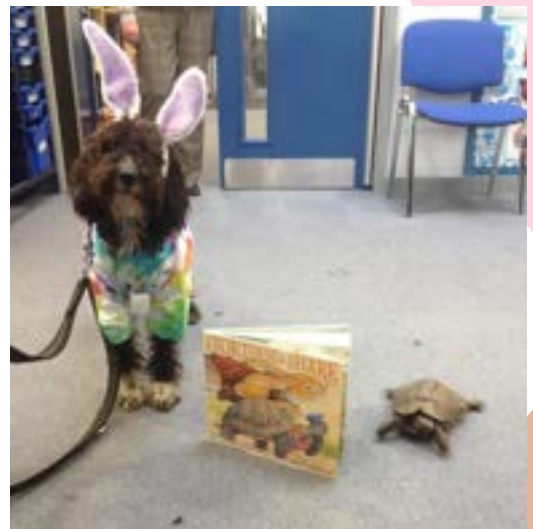
DID YOU KNOW? GOOD ATTENDANCE AT SCHOOL LEADS TO...

- A good routine and good habits
- Improved relationships with greater opportunity to build and sustain different types of relationship
- A sense of security
- More opportunity to be valued and praised = greater self-esteem
- Better preparation for life beyond education
- Improved safety
- Access to extra-curricular opportunities
- Greater development in social, emotional and cultural terms
- Reaching your individual potential
- Improved learning = more further learning opportunities = greater achievement and attainment

MEET OTTO THE SCHOOL DOG

Here at The Pilgrim School we have been researching the benefits of a school dog for our community as it has frequently been requested in 'pupil voice' surveys. I am therefore excited to announce the arrival of the newest recruit to our school.

Otto is a labradoodle puppy who will grow up in the school environment becoming fully accustomed to the routines of the day and eventually supporting pupils within the setting. He has been carefully chosen for temperament, coat, size and ease of training. Otto will visit each base every week to say hello and to spend time with everyone.



At Pilgrim we try to offer as many extra curricular activities away from school as possible. Here are just a few events and trips that have taken place over recent years.

School Prom
for Y10 and
Y11 pupils

Awards Evening
for Y11 pupils
and their
families

Go Ape in
Sherwood
Forest

Lincolnshire
Show

EVENTS AND TRIPS

Whole school pre-
Christmas trip to the
Kinema in the Woods,
Woodhall Spa, for a
private viewing.

London
including a tour
on an open top
bus

Day trip to York
including The
Chocolate
Story!

*Among
many
others*



HERE ARE SOME OF THE COMMENTS FROM OUR AWARDS EVENINGS

**"Thank you so much for
inviting us to this celebration of
the success of your students.
We are proud to be involved
with such an inclusive and
successful school."
Pupil Reintegration Team**

**"My son had a wonderful time at
Pilgrim and left with a real sense
of belonging and achievement.
Well done Pilgrim for succeeding
where others failed. Keep up the
good work."
A very happy parent!**

**"Pilgrim always supported me at
the best and worst of my times.
Thank you all for everything."
Charlotte**

**Parents and pupils have said that
we.....
"Take individual needs into
account"**

**And that our school has been...
"Very helpful and understanding"**

**When you leave us we hope you
will...**

- **Be yourself**
- **Feel more able to overcome challenges**
- **Feel more supported**
- **See a way forward**
- **Have HOPE**



Frequently Asked Questions

How many students will there be in my class?

There will be no more than 10 students in your class but sometimes there can be just a couple of you depending on time-tabling.

Do I need to bring my own stationary?

No you do not need to; we supply everything you need in school. If you want to bring your own that is also okay.

Is there a school uniform?

No, wear what you find comfortable. This can be PJs if you like but please just make it appropriate for school. By this we mean don't wear anything that might offend someone or clothes that show large areas of your body (e.g. chest, stomach, shoulders and tops of legs).

Am I in school everyday?

This will be discussed between you, your PSWS and Academic Link to decided what will be best for you. However ,we do offer full days and half days.

Can I bring in fidget toys, head phones, teddies?

YES! You can bring all of those things, you can also keep a few in school incase you forget your favourite ones. We encourage most things that will help keep you calm and relaxed.



Frequently Asked Questions

If I need to leave the classroom what do I do?

It would be helpful if you could let a member of staff know where you are going. However, if you don't feel like this is something you can do, you can get up and leave but a member of staff will come and check on you to check that you are safe and to see if they can help.

who do I go to and where can I ask for support?

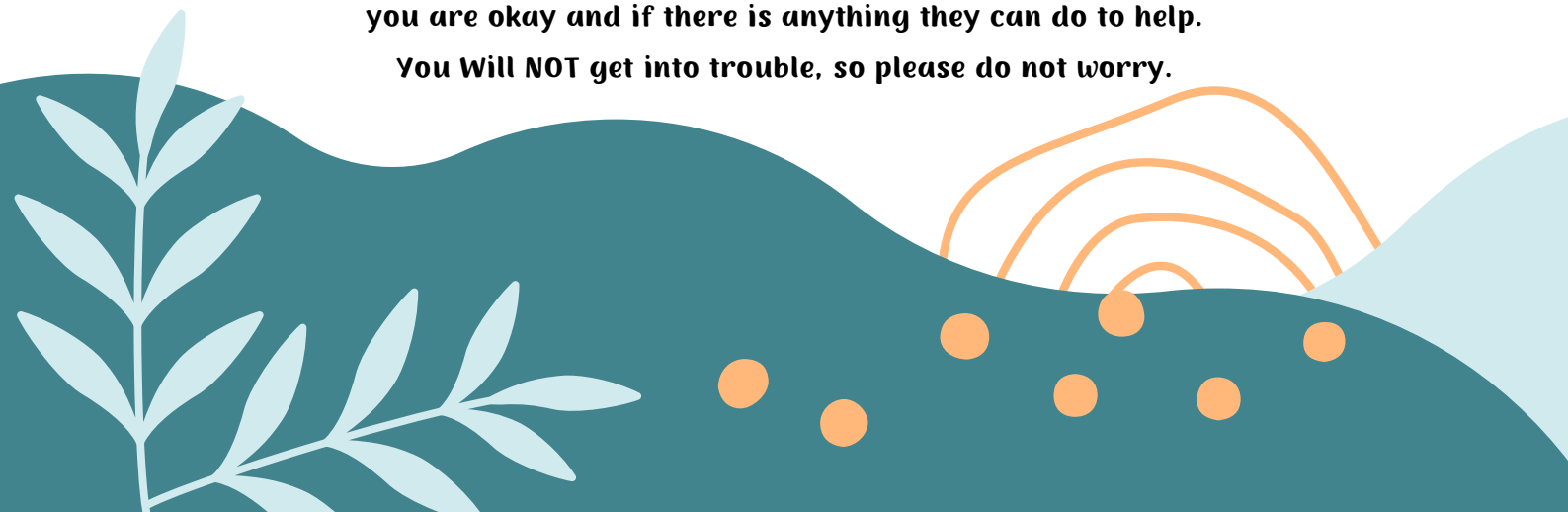
You can ask any member of staff for support. If you are needing time to talk, you can find your PSWS in their office.

Where can I go for breaks and lunch times and what can I do?

You can go in any classroom for breaks and lunch. You can also go outside onto the playground or field/garden. If you need a room to yourself to feel comfortable to eat we can also accommodate this.

What happens if I cannot make it into school due to anxiety?

If you have made it to the school car park but struggle to get in then your PSWS will come out to greet you, check in and make a plan from there. If you are at home and struggling to get in then your PSWS will text/call to see if you are okay and if there is anything they can do to help. You Will NOT get into trouble, so please do not worry.



Student Comments

Describe Pilgrim in 5 words?

"Amazing, wonderful, different, home and safe"

"Supportive, caring, crazy and family-like"

"Amazing, great, helpful, outstanding, good"

"Supportive, positive, caring, kind and amazing"

"A community of accepting individuals"

"Don't worry about anything, we have all been in your shoes and you will become comfortable soon enough"

WHAT WOULD YOU SAY/ADVICE WOULD YOU GIVE TO A NEW PUPIL ABOUT TO START PILGRIM?

"Be yourself and don't be afraid to ask for help"

"Small class sizes, supportive staff and pupils"

What is the best bit about Pilgrim?

"You can tell the teachers how you learn best"

"Little family"