



# NEWSLETTER

## DECEMBER 23

### HEADTEACHER'S ADDRESS...

Dear Parent / Carer

I offer you a warm welcome to this latest edition of the Pilgrim School newsletter which gives a summary of the wide range of activities and opportunities available to your child.

September seems a long time ago, especially as the nights are getting longer and darker. However, we have many memories and highlights to celebrate this term and much to look forward to and be hopeful for in the new year.

Pupils have shown great SISU, courage, by personally challenging themselves by completing the high ropes at PGL, taking part in community events beyond their usual 'comfort zone' or simply pushing through the tough days and getting in to school. All such achievements should be celebrated equally.

Pupils have practiced reflection in end of day tutor times, Remembrance Day events and our first ever carol service hosted at Baumber church.

The school community has worked together as one and used our sense of UBUNTU every day, whether during lessons or WOW sessions, during lunchtime clubs or supporting and showing care for each other.

Despite sometimes personally challenging circumstances, pupils have also demonstrated STORGE, a nurturing love, either practically through first aid/defibrillator training and charity fundraising events or emotionally through peer support and looking out for each other.

We recently held our annual awards evening for last year's leavers and hearing their reflections on life at Pilgrim and of their successful transitions is always an



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### Get in touch:

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absolute privilege. We look forward to seeing our current and future pupils growing the same hope for their own futures as the next year unfolds.

Staff have also achieved their goals with Jaimee from Amber Hill recently completing her bronze D of E (having started her journey with pupils last year) and Sharon passing her NPQSL. Well done both!

I hope you enjoy reading this newsletter and sharing some of our successes as staff and pupils continue to work together to create a safe haven for all who join us.

I would like to finish by wishing a heartfelt thank you to all members of our school community for your ongoing support, commitment and kindness shown this term.

I wish you a restful holiday season and a peaceful 2024.

Steve Barnes

## GOVERNORS' UPDATE...

As we come to the end of the busiest (and longest!) term in the school year, it's good to pause and reflect; to take stock and to look forwards with hope and determination.

We've just had our 3-year-old grandchild stay with us for a week whilst mum and dad went on honeymoon; add in a gorgeous (but scatty) 9-month-old puppy and you can see it's been a different kind of busy! Add to this the responsibility of being an active school governor and I can honestly say it's been full on!

But the sheer joy of seeing a small child grapple and succeed with the things we grown-ups take for granted - like doing up the buttons of a cardigan or the zip of a coat - puts things into perspective.

'Can I help?' I ask. 'No thank you, Grandma, I'll persevere', comes back the answer and sure enough 15 minutes later we are at last ready to go out. Allowing time for these little things to be achieved at a 3-year old's pace can be 'frustrating' especially when you have other things to get done, but the sense of achievement on the little one's face brings a smile and its own reward.

It helped me ponder on how some of the smallest steps taken by our students at Pilgrim can be giant leaps for them. The staff at The Pilgrim School have endless patience and the training and wisdom to give students time and encouragement to have the confidence to try to do things for themselves to kickstart ownership of their lifelong learning journey. The recent Awards Evening for last year's Pilgrim leavers highlighted just how far students travel during their time at Pilgrim and how much progress they make so they can look forward with hope and determination. A real sense of encouragement and achievement was felt by all who attended.

The key seems to be in the word 'perseverance'. Not giving up, being realistic, being supported and encouraged when things don't go quite right first-time round and supporting one another on the Pilgrim journey are all key indicators that life is going in the right direction and progress is being achieved, (if not at the pace we impatiently expect sometimes).

One of our Governor functions is to hold school leaders to account for the educational performance of the school. We look for signs of growth and progress for both staff and students – educational performance is not just about qualifications. Each small step forward brings hope and encouragement to take the next step and then the next and so on, until targets and goals are achieved, and new aspirations can come into focus.

Who'd have a thought a 3-year-old persevering to tie up their buttons could be so inspirational!

Have a restful break and if you end up playing board games like snakes and ladders (which I will be doing with my grandchild...) – just reflect on the ups and downs of life and try not to get too bored!

Kind regards

Barbara Temple, Chair of Governors

# SAFEGUARDING INFORMATION...

We are well and truly into the festive season which for a lot of people can be their favourite time of year with the feelings of magic and wonder, family time, movies and music, and other festive fun. However, the festive period is not for everyone. It comes with additional financial pressures, social expectations, and sensory stimulation that some people may find difficult. Whether you celebrate Christmas or not, it is very difficult to avoid the festivities as these are generally in every shop, high street, radio, and TV channel. It is important to make the holiday season individualized and unique for your own family, devise your own traditions, and don't worry about the expectations of others around you.

The following organisations can offer various forms of support at times of difficulty:

## **Mind's services**

- Mind's helplines **provide** information and support by phone and email. Our Info line is open Monday to Friday, 10am to 6pm. It will be closed on 25 and 26 December 2023, and 1 January 2024.
- Local Minds offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy. You can check your local Mind's website for Christmas opening times.
- Side by Side is our supportive online community for anyone experiencing a mental health problem. You can access the community any time, including on Christmas Day and other bank holidays.

## **Beat**

Offers information and advice on eating disorders, and runs a supportive online community.

**0808 801 0677** (England)

[beateatingdisorders.org.uk](https://www.beateatingdisorders.org.uk)

Beat's helplines are open 365 days a year from 1pm to 9pm during the week, and 5pm to 9pm on weekends and bank holidays.

<https://www.beateatingdisorders.org.uk/your-stories/five-questions-about-christmas-eating-disorder/>

## **MoneyHelper**

Provides free and impartial money advice.

The MoneyHelper helpline is open Monday to Friday, 8am to 6pm.

**0800 138 7777** (English)

## **National Domestic Abuse Helpline**

**0808 2000 247**

[nationaldahelpline.org.uk](https://nationaldahelpline.org.uk)

Free 24-hour helpline for women who have experienced domestic abuse and violence, with all female advisors. Also offers a live chat and can help to find refuge accommodation. Run by the domestic violence charity [Refuge](https://www.refuge.org.uk).

The National Domestic Abuse Helpline is open 24 hours a day, every day of the year. They also have a [BSL helpline](https://www.refuge.org.uk) available Monday to Friday, 10am to 6pm. And a [live webchat](https://www.refuge.org.uk) open Monday to Friday, 3pm to 10pm.

Papyrus

# CALL HOPELINEUK 0800 068 41 41

BECOME

0800 023 2033

[www.becomecharity.org.uk](http://www.becomecharity.org.uk)

Help, support and advice to children in care and young care leavers so that they can unleash their potential and take control of their lives.

Runaway Helpline

116 000

[www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)

Runaway Helpline is here if you are thinking about running away, if you have already run away, or if you have been away and come back. You can also contact the Helpline if you are worried that someone else is going to run away or if they are being treated badly or abused. You can call or text for free, 24 hours a day. It's all confidential.

The Mix

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk)

Essential support for under 25s. Phone, Email, Web support and Counselling.

[www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger](http://www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger)

**The Mix's Crisis Messenger text service** is available 24/7 and open to anyone aged 25 or under living in the UK.

If you're in crisis and need to talk, text **THEMIX to 85258**

Children's Services

If you have a query or wish to report a safeguarding concern, contact **01522 782111** (Monday to Friday, 8am to 6pm). For out-of-hours emergencies, call **01522 782333**.

Police

Non-Emergency 101

Emergency 999

You don't need to be at rock bottom to ask for help



Samaritans:	116 123
Childline:	0800 111
Mind:	0300 123 3393
Young Minds:	Txt YM to 85258 (youth)
Shout:	Txt 85258 (any age)
Domestic abuse hotline:	0808 2000 247
SANeline:	0300 304 7000
Drink line:	0300 123 1110
Cruse Bereavement Care:	0808 808 1677
Age UK:	0800 169 6565

It's good to talk!

@youthwhispering

# HOPE CURRICULUM...

***‘The final chapter is ours to write.  
We know what we need to do.  
What happens next is up to us.’***

*(Sir David Attenborough)*



At The Pilgrim School, we follow a Hope curriculum which has been created and developed to meet the needs of the community we serve. We think of Hope as a verb rather than a noun; by this we mean that being hopeful is an action and not a feeling.

One of the ways we develop hopeful thinking is via our Hopeful heroes; famous people whose stories are shared across all subject areas. They were chosen a few years ago by the school community because their stories reflect the three strands of hope theory; having a goal, identifying different ways to reach that goal and having the agency/determination to achieve it.

In previous newsletters (available on the website), we have shared the stories of Marcus Rashford and Malala. Our third school-wide Hopeful Hero is Sir David Attenborough:

**“The final chapter is ours to write. We know what we need to do. What happens next is up to us.”**

Goal: David’s goal was to educate people on the consequences of our actions in relation to the natural world, to help them appreciate the wonders of the natural world and invoke action to reverse the catastrophic environmental issues. That people would view the world with the same awe, wonder and amazement as him was not a certainty, nor was it certain that this awe and wonder would inspire people to change their way of living to protect the world they live in. It was not impossible, it was hopeful.

Pathways: David educates his audiences in multiple ways – through innovative television, written word, public speaking, mainstream media interviews and representation of organisations which align with his values. He engages in different pathways to reach the broadest audience possible.

David also offers pathway thinking to humankind to encourage various changes that can be made to reverse the devastation we are seeing. He advocates taking action to decrease worldwide population, make the transition to renewable energies, consume less meat and, generally, live life in a way which chooses simplicity over greed.



**“As a species, we are expert problem solvers. But we haven’t yet applied ourselves to this problem with the focus it requires.”**

Determination: David has dedicated his life to sharing his understanding of the natural world; he has been at the forefront of innovation, pioneering ways to passionately convey his knowledge and understanding to reach an increasingly wider audience, not for his own benefit but for that of the natural world around us and for future generations.



## **PILGRIM SCHOOL TERMS & HOLIDAYS 2023/2024**

### **Term 1**

**Inset Days Monday 4<sup>th</sup> & Tuesday 5<sup>th</sup> September**

Wednesday 06 September 2023 to Friday 20 October 2023

### **Term 2**

**Inset Day Monday 30<sup>th</sup> October 2023**

Tuesday 31 October 2023 to Wednesday 20 December 2023

#### **Bank Holidays:-**

Monday 25 & Tuesday 26 December 2023

Monday 1 January 2024

### **Term 3**

**Inset Day Tuesday 2<sup>nd</sup> January 2024**

Wednesday 3 January 2024 to Friday 9 February 2024

### **Term 4**

Monday 19 February 2024 to Thursday 28 March 2024

#### **Bank Holidays:-**

Friday 29 March & Monday 1 April 2024

### **Term 5**

**Inset Day Monday 15<sup>th</sup> April 2024**

Tuesday 16 April 2024 to Friday 24 May 2024

#### **Bank Holidays:-**

Monday 6 & Monday 27 May 2024

### **Term 6**

Monday 3 June 2024 to Friday 19 July 2024

## WHAT'S BEEN HAPPENING IN OUR BASES THIS TERM

# AMBER HILL NEWS....

It's been business as usual in Amber Hill – busy, busy, busy! All students and staff have been working hard on all aspects of school life. Here is a selection of some of the events which have been taking place alongside our learning. I hope you enjoy reading about all the things we have been up to.

### Wezesha Dada Project

As part of Black History month, we supported a local charity who support young girls in Africa. The project is called Wezesha Dada which translates from Swahili to Empowering Women. In Kenya, 65% of women cannot afford feminine hygiene products and, as a result, one million girls miss school each month. The project aims to supply reusable sanitary products to as many girls



as possible. A local sewing group in Wragby meet each



week to make reusable products. Many of you brought in soaps, material, towels and shower curtains which the local sewing group have used to make into sanitary hygiene packs to support girls and young women. Thank you so much for all the contributions which will soon be winging their way to Kenya!

### Remembrance Day Service

On Thursday 9th November learning was paused across all three bases for a few moments of reflection as we came together to mark Remembrance Day. At Amber Hill, we came together with the local residents in our community for the Remembrance Day Service. Some of the residents from the village knitted poppies and placed them over the fence at the front of the school for everyone to see.

Several of our students volunteered to read short poem, read out the names of those who have fallen in WW1 and WW2 and lay the wreath. Thank you to all those that volunteered and those who came along to the service.



### Macmillan Coffee Morning

What an amazing fundraising effort we had for the Macmillan Coffee Morning 2023. So many cakes and biscuits were eaten, which was well worth it as we raised a record breaking £218.64! Thank you so much to staff and students who brought in all the tasty treats!

### Nacro Colleges visit

Amber Hill pupils have recently visited the local Nacro colleges to consider options for Post-16. On those visits, the students got to interact with the courses and ask questions based around interests and career goals. One of the most memorable parts of the trips was getting to say hello to all the animals at Nacro Boston. The students enjoyed seeing different colleges and getting to know the local areas.



# BAUMBER NEWS...



Merry Christmas everyone from Baumber!

We have had an excellent first couple of months this academic year, with a number of activities out of base.

PGL was a spectacular success, with Archery testing anyone's fear of rubber arrows and the zip-wire a fear of heights and gravelly knees. Ice cream at The Big Chair Company saw the end of Summer, just as the annual pumpkin picking at

Waddingworth (post flooding!) again marked the start of Winter.

This has meant a greater focus on indoor activities, with crafts in WOW such as Diwali designs, gingerbread making, a candle workshop and an attempt at string snowmen. Record Breakers afternoon showed some people's more "competitive" edge...you can't win them all! Wall climbing in Lincoln was called "The funniest day I have ever had"...yes, wall climbing!



Christmas was marked with our traditional visit to the Kinema at Woodhall Spa to see "Wonka", just a few days after a well-attended inaugural Carol Service at St Swithin's Church, Baumber.

January sees our well-established post-Christmas Mock GCSEs. Please "encourage" year 11s to attend every exam they are timetabled for – it is a mock for the staff and bases as well as the students!

I hope you all enjoy the break, and we look forward to seeing you all in the New Year.



# LINCOLN NEWS...



Another busy term in Lincoln. The pupils have been working hard throughout the curriculum but have also enjoyed raising money for Children in Need and accessing some fun activities in WOW.

This has included the pupils looking at and attempting to break some records and baking cakes that reflect their personalities and interests.

The WOW group have also explored Christmas around the world and made Letkezes from Israel. We also tried some festive treats from different countries such as Stollen and Panettone.





Yr11s at Lincoln have had access to post-16 support through WOW, which has included guest speakers from Lincoln College, Joe and Kieran modelling interview techniques and a visit to YPLP.

After a few delays, Lincoln Lunches has started to grow and become as successful as its counterparts across the other bases. We have enjoyed Chilli and Toad in the Hole - thanks Dave. It has also created a nice atmosphere around the Lincoln base, encouraging staff to sit with pupils and have a nice chat.



## HOME TAUGHT...

Lots has been happening with our home team! You have all been extremely busy with your home tutors and pastoral support workers making, baking, visiting, sharing, and raising money for worthwhile causes! We love hearing about what all our students are up to and we especially love to see you.



'A' made delicious brownies and brought them in for Children in Need and stayed for a chat and a play with Otto. Some staff said they were the best brownies they had ever tasted!

H has been visiting a nature reserve and library as part of their learning.

M has been working with the community in a local woodland reserve helping with planting of wildflowers - thank you.

Some of you also took part in our first ever online 'Home Pupil Forum' – this is a great way for you to share ideas on how you would like to shape our school. If you would like to take part in Pupil Forums in the future, please let your Home PSWS know.

Many of you in year 11 will be gearing up for your mock exams. If you are taking these after Christmas, we wish you luck. We will all be very proud of you.

Well done for taking advantage of all opportunities available to you!



## PUPIL FORUM ...

This term we had our first Pupil Forum of the academic year. Across the bases, the main focus of this was behaviour. Pupils gained insight on what the behaviour policy entails and provided feedback on behaviour at Pilgrim. It is fair to say that the approach to behaviour at Pilgrim is one of trust, respect, honesty and openness.

Unfortunately, Pupil Forum at the Lincoln base was cancelled due to absence and we are hopeful to complete the next Pupil Forum in the new year.

The Pilgrim Online Safety Forum has collaborated with Pupil Forum this year and we were so proud of the pupils for their openness and participation in sharing the current concerns around online safety issues that pupils face on a daily basis. This gave us plenty of reassurance that the pupils are aware of how to keep themselves and their peers safe when exploring the world of online communications.

Numerous pupils across the bases have volunteered to become Junior Online Safety Officers (JOSOs) and we are currently exploring training opportunities to support this. We are hopeful that this role will provide us with greater

pupil voice on staying up to date with the continuing development of the online social world. JOSOs will also help their peers in seeking support from trusted adults and assist younger pupils coming into the base who may not know what to do if they feel unsure about online communications.

This year we have also had our first ever Home Pupil Forum. We have wanted to roll this out for quite a while but have been looking for ways to balance inclusion our home cohort of pupils and respecting the additional pressure and anxiety participation could bring. Our first meeting included one pupil joining alongside their parent and pastoral worker. We had a great chat, a little giggle and they even got to meet Otto virtually.



Maya was an additional member to the home pupil forum who was highly fascinated by Mel's dodgy Belfast accent and all the additional and very interesting information she had to share 🐾

We are hopeful that this will be the first of many Home Pupil Forums and that these will continue to grow and expand.

Already we have had some interest and apologies for non-attendance at the first session. If anyone would like to discuss this further, please contact me on [mel.findon@pilgrim.lincs.sch.uk](mailto:mel.findon@pilgrim.lincs.sch.uk)



## AWARDS EVENING ...

On Thursday 23<sup>rd</sup> November we held our traditional Awards Evening. This is where, as a school, we get to celebrate the achievements of each of the pupils who left us at the end of the previous academic year.

Our Head Teacher, Steve Barnes, presented pupils with Completion of Education Certificates, Subject Award Certificates and Main Award Trophies. Each year we look forward to seeing the familiar faces of some of the Y11 pupils who left in June after completing their GCSE Exams. This year, we also had the pleasure of having previous student, Jaime Cloughton, attend to help present and give a speech. It was great to see Jaime and hear all about what they have gotten up to since leaving The Pilgrim School.



## LANGUAGES NEWS ...



We have had a busy term in languages at Pilgrim. In September, we celebrated the annual 'Day of Languages' and this year, students learnt about different languages and cultures in tutor times. Did you know there are over 7000 languages spoken worldwide?! Students got the chance to shine in the yearly capital cities and flag quizzes (those who follow international football, having a distinct advantage!) and also take part in a Lego monument building challenge.



More recently, we got into the festive spirit in KS3 German lessons and baked Lebkuchen- a delicious traditional German Christmas biscuit.

Did You Know? You can study languages at Pilgrim. French and German are taught in KS3 and then you can opt to continue these languages at KS4. GCSE is the normal route but there are other level 1 language qualifications that you can complete. Talk to your PSWS, Academic Link or Jen (Languages teacher) and we can give you more information.



# T'is the Season to be Reading...

For our Christmas holiday competition this year we are asking students to bring in a picture of themselves reading in a festive setting!

There will be an Amazon Voucher prize for the best picture from each of our three Bases and yes, Otto our school dog, and Dwayne, our tortoise, will be taking part too. You can bring in your entries any time during the first week back and prizes will be awarded during Friday's 'Drop Everything and Read'.

Best Wishes for the Christmas Season and Good luck!



## SEND NEWS...

As you may know, Elena Wilson is the SENDCo at The Pilgrim School. A SENDCo (Special Educational Needs and Disabilities Coordinator) aids the teaching and learning of pupils with special educational needs and/or disabilities within their primary or secondary school. Elena works alongside your child's Pastoral Support and Welfare Specialist, Academic Link and Teachers as well as their mainstream school and other outside agencies to support your child and ensure they are receiving the correct support.

If you would like more information about SEND support and what we do at The Pilgrim School, this can be found on our website and in the SEND Information Report.

Please feel free to contact Elena at any point if you have any questions, queries, worries or would like to discuss anything. Her contact details can be found on the school website or you can contact your child's PSWS or academic link and they can put you in touch with her.

We would like to share with you some information about Lincolnshire Parent Carer Forum (LPCF). LPCF is an independent registered charity, working with the local authority and health service, improving services for children with SEND. LPCF provides an experienced, supportive ear for parents, to promote their skills, knowledge and resilience.

Free membership gives parents access to:

- Facebook page for parents only, with information and support
- regular, evidence based reports of parents views and feedback
- regular 'Time2Talk' meetings or coffee mornings
- signposting for parents of children with SEND to services and professionals
- signposting events for parents and professionals, including week of SEND
- workshops on specific issues for parents, requested by members
- wellbeing support and resilience building
- additional one-off benefits, including Max Cards

More information can be found out <https://www.lincspcf.org.uk/index.php>



## CHILDREN IN NEED...

Across the bases this term, we have successfully marked Children in Need.

As well as the usual Children in Need tutorial, pupils worked in teams to do a quiz at the end of the day. Most bases had a pyjama day, cake sale at break and lunch, Pudsey bingo and guess the name of the teddy. The people lucky enough to win the bear were – Kat of Lincoln base, Mayson of Amber Hill base and Kian of Baumber base, who kindly gave the bear to Elsie! Thanks to everyone who supported this, your efforts raised £242 for a very good cause.





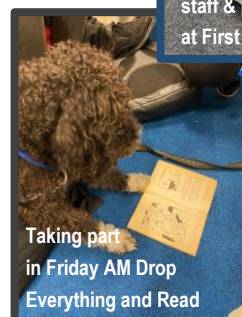
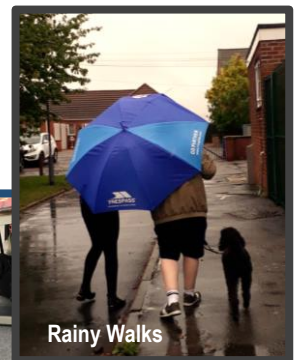
# OTTO...

Otto continues to be a positive presence around the school, even when he is having a puppy day! He generally attends 3 or 4 days a week and the risk assessment and policy have recently been updated (available on our website) to reflect his growing confidence to be able to join different teaching groups and pupils.

We recently gathered feedback from pupils and staff to celebrate his first school year and this was overwhelmingly positive...



Here are a few of the things he has been up to this term:





## PAST PUPILS AND THEIR HOPEFUL STORIES...

*Hi, I'm Olivia and I attended The Pilgrim School from 2017 to 2021. Since leaving Pilgrim School I went on to sit my A-Levels at sixth form, and now I am in the first year of my undergraduate degree, studying psychology at Bishop Grosseteste University. Getting to this point has not been easy but without the help and support from Pilgrim School this would not have been achievable at all. I came to Pilgrim School with extreme anxiety and depression and, whilst I still suffer now, the advice I received from Pilgrim School has taught me how to manage this and now I am at a stage in my life that I never thought was possible.*

*Considering how I was back in 2017, I never thought I would be attending university. Now that I am at university, I still surprise myself at how I've made it this far. I've made wonderful friends on my course and we have many nights in our student union doing anything from quizzes to karaoke. I am also the Course Representative for 1st year Psychology, which allows me to voice the opinions of myself and my classmates to our student council and help to make the university experience easier for us all. Taking on a role like this would have been unimaginable a few years ago as I was often too shy and nervous to talk to my peers or teachers, but now I absolutely love my role as I get to work closely with lecturers and have my voice heard.*

*My message to anyone reading this is that you are capable of much more than you think. If you want to do something, just know you can achieve it. You can do anything that you put your mind to. It's ok to have wobbles and doubt yourself from time to time. I still have moments at university where I doubt myself and think I'm not smart enough to do an assignment. Just know that it is completely normal to have these doubts, but what's important is knowing that it doesn't define you. The staff at Pilgrim School will know my journey wasn't easy and that there were many obstacles in the way, but the support you receive at Pilgrim School prepares you not only for your next step but for the rest of your life. When you start your journey with Pilgrim School, you aren't just joining a school, you are joining a huge supportive family. Even now that I am at university, I know that I can still rely on my Pilgrim family whenever I am struggling.*

*I hope you all have a wonderful holiday and a Merry Christmas!*

*Olivia*

If you are, or know of, a past Pilgrim School pupil, we'd love to hear from you and what you've gone on to do since leaving Pilgrim. Get in touch at [enquiries@pilgrim.lincs.sch.uk](mailto:enquiries@pilgrim.lincs.sch.uk)

## ZONES OF REGULATION...

In Base we are starting to use the zones of regulation as a way to help support pupils in communicating their emotions. The Zones of Regulation help to break down feelings in terms of the colours **Red, Yellow, Blue and Green**.

It is important to note that all of the zones are ok and perfectly natural.

For example, **if you're feeling bored/tired you could describe yourself as presenting as blue.**

**If you're overwhelmed with excitement or frustration, you could describe yourself as presenting in the red zone.**

**If feeling a bit anxious and unsure you could say you were yellow.**

**Green is if you're feeling content happy and relaxed.**

This language is beginning to be introduced to pupils across the school and, as the year goes on, we will begin to work with pupils individually to help identify strategies to support them when they are presenting in different zones. We hope that this work will help pupils to regulate and understand their emotions and, in time, move towards promoting self-regulation.

If you are interested to find out more about the Zones of Regulation and introduce this way of communicating at home, you may like to look at <https://zonesofregulation.com/>

## BRIEFINGS, WORKSHOPS & WORK EXPERIENCE...

This year, The Pilgrim School have included a number of extra briefings and workshops that discuss current issues that young people may need more information about. So far, the following briefings have been delivered across the bases:

- Road Safety Workshop
- Gambling Harm Prevention Workshop
- Vaping Workshop
- Domestic Abuse Workshop
- Online safety Workshop

The following are due to take place over the course of the rest of the school year:

- |                 |   |
|-----------------|---|
| • February 2024 | Anti-Social Behaviour/Hate Crime Workshop |
| • March 2024    | Knife Crime and County Lines Workshop     |
| • April 2024    | Fire Safety Workshop                      |
| • May 2024      | Computer misuse Act (Cyber Choices)       |
| • May 2024      | Substance abuse Workshop                  |
| • Date TBC      | Sexual Health - Healthy Relationships     |

We are also in the process of arranging for Lincolnshire Sexual Health Clinics to take place for our students at our Lincoln and Baumber sites, following a very successful visit to our Amber Hill site last year.

In addition to this, we have also arranged for a past student, who used to attend our Lincoln Base a few years ago, to come and talk to all students about their Pilgrim journey and beyond. Maintaining links with our past pupils is one of the key ways we aim to help build hope with our current pupils by thinking about life beyond Pilgrim and demonstrating that many of our students go on to be very successful after attending our school.

There are a number of school trips that are at the early stages of being arranged and more information will be forwarded to you in due course. Please keep an eye out for information sent through the school Parent Mail system.

A final note on work experience. If your child is in either Years 10 or 11 and is interested in completing a placement (these can be virtual or in person) then please contact the PSWS allocated to your child to discuss further. Work experience is an important part of a young person's development and provides them with an insight into the world of work and some experience of the employment sector that they would like to follow as a future career. If you would like more information on this please get in touch with our Careers & Community Liaison Manager, Neil, by e-mailing [neil.blackwell@pilgrim.lincs.sch.uk](mailto:neil.blackwell@pilgrim.lincs.sch.uk)

## MEET THE SCIENCE TEAM ...

Hi everyone. We are the Pilgrim School Science department! We are 3 permanent full time members of staff; Sharon, Steve and Ben, ably supported by our BGU Science student, Jack.

We are extremely proud of our department and aim to give students the best possible experience we can in our subject. We have close links with the Royal Society Chemistry (for which we have been recognised in 2021 for Excellence in Science teaching) and the British Science Association who support us, and we them, each year during British Science week. We also have links with Leicester Hospital School Science department and more recently STEM learning.

We hope you enjoy reading a little bit about each of us.....

### Sharon (Head of Science)

I hold a lifelong love of Science, being inspired at an early age by my Primary School Teachers and a visit with my parents to the Science Museum in London. I remember the first Science experiment that I saw - my teacher put a green mitten into a jam jar and turned it upside down in a bowl of water. To my amazement, the mitten did not get wet – I was hooked!

I began my working life as a Biomedical Scientist in the Microbiology department at Pilgrim Hospital. It seems fitting that I have come full circle and now work at the Pilgrim School which I originally encountered whilst visiting the wards when 'on call'. I studied Biomedical Science at Nottingham Trent University on a day release programme and felt proud when I achieved Master of Science (MSc). Despite enjoying my hands on lab work, I also shared another passion....teaching Science!



For me, Leading and teaching Science at the Pilgrim School is about thinking of different and unique ways in which to engage and inspire our students. I particularly enjoy thinking of alternative ways in which we can safely do as much hands on practical work as possible both in base and in the home. I believe this is an essential part of learning Science – and it's fun!

### Ben Dunn (Science teacher)

I'm Ben and I teach Science. I went to university and I also have other qualifications. I like chocolate and words. I once wrote three books in a year. My two dogs are called Tilly and Candy and my favourite colour is green.

### Steve Lingard (Science teacher)

On completion of my Biology degree, I left the University in Manchester to move back to Lincolnshire. Jobs in the field of Biology were hard to come by and after doing various jobs, which included factory hand, shop worker and greens keeper I found an agency job as a Science Technician. This took me away to Hull, Cambridge, Suffolk, Norfolk and London where I worked in various settings. These included the School of Tropical medicine in London and Addenbrookes hospital in Cambridge. I eventually settled in London for 10 years where I stayed at University College London analysing DNA and conducting scientific trials.



After this period, I felt that a change was due so finally underwent my teacher training at Goldsmiths University before gaining employment in North London. London Teaching was challenging and varied but for family reasons I eventually moved back to Lincolnshire and looked forward to the challenges there. I was lucky enough to have a job interview with The Pilgrim School and immediately felt that the ethos and outlook of the School were what I was looking for. I wanted these young people to support. I also found a community of staff who felt the same. After 11 years, the work is still challenging, fun and varied. I am proud to be a member of The Pilgrim community.



**Jack Heaton (Student teacher of Science)**

Hi, I'm Jack and I am training to be a Science teacher. I am on my first placement with the Pilgrim School. I studied Biomedical Science for my degree at Lincoln University. I am interested in nature and ecosystems and looking forward to qualifying as a Science teacher soon.

## CAREERS ...

### **Information for Parents and Carers**

Please take a look at the Post-16 and Careers section of our school website ([www.pilgrim.lincs.sch.uk](http://www.pilgrim.lincs.sch.uk)) where you will find a range of useful careers information to explore as a family.

Under the main heading of "Pupils And Families" you will find a sub-section called 'Careers & Post-16 Study'. In this section you will find links to our Careers Policy, an overview of the careers programme at The Pilgrim School and statements of entitlements for you and our students. It also provides some useful tips on helping and supporting your young person.

The Post-16 Destination section will link you to many local colleges, the main apprenticeship services and other post-16 providers who are popular with our students such as NACRo, YPLP, The Princes Trust and Clip. You will find information on all their courses, what they can offer and how to apply.

A further sub-section, "Careers & Post-16 Opportunities & Events", provides you with the latest information about virtual and real open evenings, work experience opportunities and talks from Speakers to Schools. These are free and there are already an interesting range listed for the December to March period.

In the "Useful Websites" sub-section, you will find links to 'My Pathway' and 'BBC Bitesize' which provide hundreds of useful, short videos about job profiles, what jobs entail, money, working hours and career progression in a fantastic range of occupations. There are also many video clips from young people describing their pathways and what it is like to work in a certain job or sector. You will also find information here about what job markets are doing nationally and what is available if living and working in Lincolnshire. Students may find this really useful when considering possibilities for their future.

We do urge you to explore the careers section of the website as it is informative, easily accessible and a brilliant way of supporting your young person in taking the extremely important next steps in identifying, reflecting and making decisions for their future.

## PARENTS EVENING...

Parents Evening are being planned to be take place after the Yr 11s complete mock exams. Appointments will be scheduled over two Tuesday evenings, January 30th and February 6<sup>th</sup>, between 4.30pm - 6.30pm. Letters will be sent home before Christmas to provide more information with further communication in the New Year.



## ONLINE SAFETY ...

Rather than rehash all the Parentmails that have been sent out so far this year, here are some updates on familiar themes...

Snapchat - the "Family Centre" is working well for Primary students, but content still disappears after 7 days and can't be checked.

75% of TikTok users claim to be over 20.

Whatsapp is not supposed to be used by U16s so there are no plans to upgrade their safety protocols. As we all know, Whatsapp pics are automatically downloaded to your phone. The biggest issue though is that if you block an individual (eg. for bullying), you can still see each other in a group chat, and the only way to prevent this is to leave the group which people won't do for FOMO.

Omele is dead forever, but as usual with a vacuum.... there is an app called Monkey trying to replace it. It's rated 18+ (with no age verification) and when you start a chat, you are "stuck" with a user for 15 seconds, supposedly to give you time to decide whether you want to continue. 15 seconds is a long time.... Currently being reviewed by a number of agencies.

Threads, that Facebook hoped would take over from Twitter/X after Elon Musk drove a tank through it, is not taking hold the way it expected to as it's linked to your Instagram so therefore isn't as anonymous as users want.

Over 75% of 11-16 year olds have access to social media and devices after going to bed.

Y3 (yes, really) and Y11 report being most affected by online bullying. Children as young as 2 are online. 25% of 3- and 4-year-olds own a mobile phone.

Report-Remove <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/> has been used nationwide to combat sextortion, with Police regularly involved. Other current LSCP websites are <https://reportharmfulcontent.com/?lang=en-gb> to remove unwanted personal content, and <https://www.hackerhighschool.org/>, an online self-guided cyber-safety curriculum.

## DEFIBRILLATOR UPDATE...

During COVID we applied for and have subsequently been awarded three Mediana defibrillators. Now, we have one in each of our bases, policies have been updated and training has been given to staff and students to ensure that we have people able to use these vital pieces of equipment throughout the school.

## STAFFING CHANGES...

This term we have had the following changes to our staff:

### NEW STARTERS:

- Cheryl Collier, ES Teacher in the Home started October 2023
- Sarah Reeve, ES Teacher in the Home started October 2023
- Katie Dzierzynski, ES Teacher in the Home started November 2023
- Claire Allott, ES Teacher in the Home started November 2023
- Natalie Wood, TA in Baumber due to start in January 2024
- Jessica (Jess) Rose, TA in Lincoln due to start in January 2024

### STAFF LEAVING:

- Joe Denton, Pastoral Worker and Trainee Teacher left in November 2023

- Abigail Buckland, ES Teacher in the Home left in September 2023
- Rachel Garrett, TA in Amber Hill leaving in December 2023

#### OTHER CHANGES:

- Kev Hodge, Learning Support in Amber Hill changing from 3 to 4 days wef January 2024
- Lynne Armstrong appointed to Pastoral Support and Welfare Specialist in Baumber in November 2023
- Abbie Baldock appointed to Learning Support in Baumber in November 2023
- Sally-Anne Ketton, Learning Support moving to Amber Hill base in January 2024

#### VACANCIES:

- ES Teachers in the Home - relief contracts
- Pastoral Support and Welfare Specialists in the Home - relief contracts

## UPCOMING EVENTS ...

We now have a new section of our school website for upcoming events.

<https://www.pilgrim.lincs.sch.uk/page/?title=Term+Dates+%26amp%3B+Upcoming+Events&pid=135>

Here you will find a visual calendar of what's coming up in each base across The Pilgrim School. These calendars are also displayed in each base and helps pupils (and staff!) to keep up to date with what is happening and when.

The calendars are regularly updated as events are confirmed so please keep checking to ensure you have the most up to date information.



## MOCK EXAMS UPDATE ...

When we return after Christmas the majority of our Year 11 students will be sitting their mock GCSE examinations. Mocks are a really important part of the preparation for Summer exams and as well as highlighting any gaps in learning to teachers, will also give students the chance to familiarise themselves with exam procedures before the 'real thing'.

All year 11 pupils who will be attending a Pilgrim base for their mock exams in January should now have received a copy of their individual timetable. As well as listing the times, dates and subjects for the mock exams, timetables will list any approved access arrangements and any changes to taxis which may be required. Please check all details carefully and let us know if anything doesn't look quite right. You can email our exams officer [liz.hallissey@pilgrim.lincs.sch.uk](mailto:liz.hallissey@pilgrim.lincs.sch.uk) or, if your query is related to access arrangements, please contact our SENDCo [elena.wilson@pilgrim.lincs.sch.uk](mailto:elena.wilson@pilgrim.lincs.sch.uk).

The entire Pilgrim staff team are here to support pupils through their mocks and we wish all our year 11s the best of luck with their exams.



Merry Christmas to each and every one of our school community! We hope you all have a restful and healthy break and look forward to seeing you again in 2024!

*Artwork by Pilgrim pupils*