SUNNYDOWN SCHOOL

Portley House, 152 Whyteleafe Road, Caterham, Surrey, CR3 5ED

t. 01883 342281 / 346502 f. 01883 341342

e. office@sunnydown.surrey.sch.uk

www.sunnydown.surrey.sch.uk

Headteacher Mr Paul Jensen B.Ed Grad Dip (SEBD) NPQH



Friday 29th April 2022

Dear all who are associated with Sunnydown,

There is so much to be proud of by being associated with Sunnydown, as an employee, as a student, as a parent. Some examples for you to ponder.

Next week we return to Leiston Abbey for the Pro Corda fine and performing arts trip. A wonderful celebration of the multitude of talents, skills and interests of an array of young men, from across all years.

Today, Year 7N were working with Mr Moody, Miss Collings and Mrs Herring on the wallaby enclosure, then had an outdoor fire to cook bread and toast marshmallows. They rounded off their afternoon by helping to plant the wildflower garden which in turn will attract wildlife, including bees. We can then explore making our own honey.

On Wednesday evening I was with Miss Wood and Miss Newcombe in London at the Old Operating Theatre museum. This was the closing event for 'Sunnydown Synaptic,' a project involving world leading neuroscientists and creative talents working directly with your sons. The final installation will now be dismantled, but all of those who were present were incredibly complimentary of the quality of the work and the energy of our boys.

Last week a group of young men attended an afternoon tea to celebrate 25 years of fundraising by the Children with Special Needs Foundation. Returning at approximately 7pm, armed with a box of cakes, chocolate and a free mug, the boys thoroughly enjoyed the afternoon out. A highlight was the chocolate fountain!



When we remind ourselves of the House Point trips, the Caterham Cycle Challenge, the opportunities for outdoor and adventurous activities on a Friday, the breadth of curriculum at Sunnydown, and the opportunities available are second to none. Combine this with the excellent teaching of the National Curriculum, and our offer is world class.

If you are looking for an activity in the local community where your son would be made to feel most welcome, please consider Explorers. Contact details are below.



Caterham Cycle Challenge

The Caterham Cycle Challenge returns this year, with the grand aim of raising £35 000 to support Mental Health and wellbeing here at Sunnydown but also in our wider community. Please promote the event with family and friends, and

any business contacts you may have. There will be prizes available for students who participate, with more chances of winning for those students who raise the most money.

Posters were distributed to families last week, and have been emailed as well.

For more information please visit our website or email cyclescheme@sunnydown.surrey.sch.uk.

As part of the Caterham Cycle Challenge, the Wildfires are performing at a music event FoS are running on the 20th May 2022 here at Sunnydown School. Tickets are now available at a cost of £25 which includes food and a glass of prosecco on arrival! Good food, great entertainment - What more could you need?

Hope to see you there!



English Pathway 2 Trip to the Charles Dickens Museum: As documented by Thando Po-Ba

Our journey began upon departure from the school, in two minibuses. We made our way to Upper Warlingham train station, and after a wait, boarded the train to London Victoria Station. After navigating a complex web of underground train stations, we exited to the ground surface at Russell Square. It was at this point that our trip really began. A gentle jaunt through the quiet urban streets of central London led us to 48 Doughty Street: what was once the home of Charles Dickens. Almost immediately, we were acquainted with Richard, our tour guide. He then proceeded to take us on a fascinating sightseeing tour of the nearby area. He showed us houses, statues, and historical amenities – with each part receiving Richard's special dose of wondrous historical knowledge.



When our short ramble came to an end, we enjoyed a pleasant lunch in Coram's Fields, basking in the sweet sunlight. Afterwards, we went back to the museum, and branched off in two groups to go around the house with a tour guide. We were shown rooms such as the kitchen, bedroom, drawing room and more, with each room assembled as it would have been during the occupancy of Charles Dickens and his family. The tour was helpfully structured in a way as to focus particularly on Dickens' novella 'A Christmas Carol', as that was what Pathway 2 had been studying.



By the time that the trip was drawing to a close, it was clear that the trip had imparted many relevant facts or two pertaining to our English studies. After a swift dash to retrace our steps to London Victoria, we were bundled into the train, and on our peaceful journey back to Caterham. Overall, it would only be proper to say that the trip had been very successful – both in its academic purpose and its fun day out objective – and we would collectively join to give a large thank you to Mrs Jensen, Mrs McCarthy, Mr Cassim, Miss Tomcova and many more.

100% Attendance

Congratulations to 11Z and 7N for achieving 100% attendance for w/e 22nd April 2022.

National Autistic Society

Please see the attached flier with details of The Autism Show on 17th-18th June 2022 at ExCeL.

Friends of Sunnydown

<u>Weekend Working Bee</u>: Fingers crossed for sunny weather at the next Weekend Working Bee, which takes place on Saturday 14th May. We are looking for volunteers to help tidy the grounds of Sunnydown ahead of the Summer months - please contact office@sunnydown.surrey.sch.uk if you are able to lend a hand. You will be rewarded with a delicious Sunnydown burger for your efforts!

Band night for the grown-ups!: Local band 'The Wildfires' will be playing live here at Sunnydown on the evening of Friday 20th May. Tickets are £25.00 per person and include a free drink and food. Let your hair down and grab yourself some tickets at <u>www.pta-events.co.uk/sunnydownevents</u>

Thought for this week (W/C: 25th April)

Thought for the week (W/C:2nd May)

How can we maintain positive relationships?

How can we resolve conflict?

Mathematician of <u>the Week</u>	Chef of the Week	<u>Musician of the</u> <u>Week</u>	<u>Artist of the</u> <u>Week</u>	<u>Scientist of the</u> <u>Week</u>
The recipient of Mathematician of the Week, awarded by Mr Zadok for commitment to learning in maths is:	The recipient of Chef of the Week, awarded by Miss Carew is:	The Musician of the Week, awarded by Miss Tomcova is:	The Artist of the Week, awarded by Mrs Ogle for his commitment focus and resilience in art is:	The recipient of Scientist of the Week, awarded by Mr Cybuch for resilience & co-operation is:
Oliver Benneyworth (11Z)	Elvinas Sermuksnis (10J)	Teddy Foster (8D)	Freddie Phillips (8D)	Taylor Conway (8T)

House Points for this week

House Points	<u>this week</u>
Lucas Abrams	550 House Points
Byron Boniface	500 House Points
Varen Estwick	400 House Points
Kasra Alavi	100 House Points
Bailey Goodliffe	100 House Points

Friday Curriculum (6/5/22)

A ParentMail will be sent next week listing activities.





The Autism Matters Theatre 🖇

Hear the UK's leading autism professionals, researchers and campaigners discussing the latest news and views.

Fri 17 June	Title	Speaker
10.30 - 11.10	Updates and initiatives: a round-up of current issues in autism research, policy and practice	Dr Steve Ladyman, Chair of the National Autistic Society
11.20 - 12.00	Anxiety in autism: how common is it, what causes it, and what strategies might help to manage and reduce it?	Dr Sebastian Gaigg, Deputy Head of Department in the Autism Research Group at City, University of London
12.10 - 12.50	Autism and masking: how and why people do it, and the impact it can have	Helen Ellis, Equality, Diversity and Inclusion Co-ordinator at the National Autistic Society
13.00 - 13.40	Raising aspirations, changing thinking: improving inclusion for autistic students in mainstream schools	Alex Russell, CEO of Bourne Education Trust, and Mary Rome, Headteacher of Philip Southcote School
13.50 - 14.30	Experiences of autism as a parent and as a late diagnosed person: a conversation with Melanie Sykes	Melanie Sykes, Broadcaster and Founder/Editor-in-Chief of Frank Magazine, and Harry Thompson, Autistic and PDA Writer, Public Speaker, Educator, Self-Advocate, and Consultant
14.40 - 15.15	Understanding sensory processing and the sensory challenges learning environments present	Laura Graham, Occupational Therapist and Advanced Practitioner in Sensory Integration
15.20 - 15.55	Steps to encourage inclusion and avoid the exclusion of autistic children and young people	Andy Cutting, Education Rights Lead at the National Autistic Society and a member of the AET Autistic Young Experts Pane

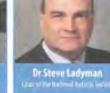
Title	Speaker
Updates and initiatives: a round-up of current issues in autism research, policy and practice	Peter Watt, Managing Director of National Programmes at the National Autistic Society
Championing your autistic teen at senior school: a collaborative approach between parents and schools	Debby Elley, Co-Founder of AuKids Magazine and Gareth D Morewood, Educational Advisor to Studio III and Visiting Lecturer at the University of Chester
Getting past survival mode - shapeshifter parenting, being seen and heard and finding ourselves again	Dr Carrie Grant MBE, BAFTA Award-Winning Broadcaster
Why race and ethnicity matters when supporting autistic individuals and their familiesagain	Reena Anand, Writer and Speaker on Autism in BAME Communities
Sensory trauma: autism, sensory difference and the daily experience of fear	Emma Reardon, Director of Autism Wellbeing, and Dr Rorie Fulton, Founding Director of Autism Wellbeing
Family mental health and siblings' experiences, needs and wellbeing	Dr Georgia Pavlopoulou, Lecturer in Developmental Psychology and Mental Health at UCL, and Senior Research Associate and Autism Workforce Trainer Lead at the Anna Freud Centre
Navigating the CAMHS minefield	Dr Judy Eaton, Clinical Psychologist and Research Associate at Kings College, London
	Updates and initiatives: a round-up of current issues in autism research, policy and practice Championing your autistic teen at senior school: a collaborative approach between parents and schools Getting past survival mode - shapeshifter parenting, being seen and heard and finding ourselves again Why race and ethnicity matters when supporting autistic individuals and their familiesagain Sensory trauma: autism, sensory difference and the daily experience of fear Family mental health and siblings' experiences, needs and wellbeing

Speakers include:











Correct at time of press. To new the latest programme eisit www.autismthow.co.uk

Lineal Psychologic and Association Knowledge at Kings Callege, Lucitory

The Hub: Theatre 2 🚳

Learn new strategies and approaches for the home and classroom.

Fri 17 June	Title	Speaker
9.50 - 10.10	Achieving true independence post 19	Tara Young, Assistant Head Teacher and Head of Sixth Form at The Holmewood School London
10.15 - 10.35	The cost of exclusion	Thomas Keaney, CEO of TCES (The Complete Education Solution)
10.40 - 11.00	A synthesised visual tool to approaching behaviour and emotions: the behaviour cycle and zones of regulation	Jordana Smallwood, Head of Sixth Form and Hannah Smith, Fast Responder, at BeyondAutism
11.05 - 11.25	Positive behaviour support: improving quality of life, health and wellbeing	Anna Selby-Wells, Marketing Manager and Hazel Ashmore, Senio Health and Wellbeing Clinical Manager, at Home From Home Car
11.30 - 11.50	There's a better way to help autistic and sensory needs students	David McIntyre, CEO and Founder of Cubbie
11.55 - 12.15	The Safespace: challenging behaviours, sensory processing and sleep disorders	Amanda Farrell, Senior Product Advisor at Safespaces
12.20 - 12.40	Using Widgit Online to reduce anxiety in school and home situations	Sue White, Senior Education Specialist at Widgit Software
12.45 - 13.05	Autism and ADHD: anxiety and anxious behaviour, and the implementation of sensory interventions	Andrew Whitehouse, SEN Consultant at People First Education in association with TTS
13.10 - 13.30	A whole school approach to improving "Quality of Life" outcomes for students and families	Kiran Hingorani, CEO of Swalcliffe Park School, Nr Banbury, Oxfordshire
13.35 - 13.55	Top ten tips for a tip top plan – how to get the best out of your child's Education, Health and Care Plan	Laxmi Patel, Partner and Head of Education at Boyes Tumer LLP
14.00 - 14.20	Using symbols to support communication and more: where do I start?	Alice Langley, Training and Education Manager at Tobii Dynavox UK
14.25 - 14.45	Understanding dyscalculia in adults	Karim Esmail, Director at JellyJames Publishing (Dynamo Maths)
14.50 - 15.10	Embracing the autistic voice – how we're launching a new autism strategy at Outcomes First Group to empower individuals to flourish	Dr Freya Spicer-White, Head of Autism and Neurodiversity Practice at Outcomes First Group
15.15 - 15.35	Medical comorbidities in children with autism and intellectual disability: the importance of an MDT for very complex and challenging health needs	Dr Benjamin Marlow, Consultant Paediatrician at Re:Cognition Health
15.40 - 16.00	Why my pants stop me from going to school	Julian Roberts, Proprietor of The View School
16.05 - 16.25	Extreme Demand Avoidance – understanding, diagnosis and support	Consensus Support: Dr Maggie Wilson - Autism Consultant

Connect at time of press. To new the latest programme visit winn autismshow.cb.uk

Access free personalised advice, delivered by specialist advisors, on topics including managing distressed behaviour; SEND tribunals; best practise for organisations providing services to autistic children and adults; and securing your child's long term financial future.



The Hub: Theatre 2 continued



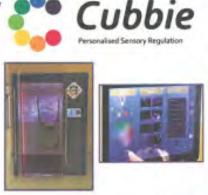
Learn new strategies and approaches for the home and classroom.

Sat 18 June	Title	Speaker
10.20 - 10.40	There's a better way to help autistic and sensory needs students	David McIntyre, CEO and Founder of Cubbie
10.45 - 11.05	What does good care look like?	Alan Day, Director of Care Services at St Joseph's Specialist Trus
11.10 - 11.30	AAC implementation in the real world	Becky Martin, Clinical AAC Specialist (SLT) at Smartbox Assistive Technology
11.35 - 11.55	Learning how to learn with ShoeboxTasks	Lucy Mortimer, UK Business Development and Sarah Parton, USA Customer Services Manager, from Centering on Children
12.00 - 12.20	Education, Health and Care Plans – how to secure an EHC Plan for your child	Amara Ahmad, Senior Associate Solicitor at Doyle Clayton
12.25 - 12.45	Reducing the impact of sensory challenges in a practical way	Steven Michaelis, CEO of SAS Centre
12.50 - 13.10	An educational robot for improving the learning opportunities in children with autism	Dr Aida Nazarikhorram MD., Chief Operating Officer of LuxAI S.A.
13.15 - 13.35	Estate planning for parents of children with autism	Phil Ogden, Senior Consultant at Estate Planning Solutions
13.40 - 14.00	How to help your child establish routines to help with everyday skills and to get out and about, improve confidence and reduce anxiety	Lesley Burton, Parent and Founder of SenseToys, now Eddie's Mum
14.05 - 14.25	The Autism Strategy: what it means to us	Julie Gariazzo, Head of Division for Education and Professor Nicola Martin, Professor of Social Justice and Inclusion; and Professorial Research Lead, at London South Bank University
14.30 - 14.50	Supporting catatonia in autism	Michael Fullerton, Director of Health and Wellbeing at Achieve together and Isabelle Gamett, a parent of an autistic person
14.55 - 15.15	Assistive tech should encourage communication, not replace it	Hadeel Ayoub, Founder of BrightSign & Ed Hill, CEO of BrightSig
15.20 - 15.40	Reducing the impact of sensory challenges in a practical way	Steven Michaelis, CEO of SAS Centre

Correct at time of press. To view the latest programme visit www.autismshow.co.ok

Discover Cubbie - Personalised Sensory Regulation (PSR), an easy-to-use, immersive personal space of sound and visionfor students with sensory needs, driven by software and wheelchair friendly. In a Cubbie, students can be effectively regulated in 5, 10 or 15 minutes with a Sensory Sprint, preventing sensory overloads and enabling them to quickly return to their classrooms. Designed by the father of two autistic children, frustrated by the lack of effective sensory support in Ireland, Cubbie has rapidly grown and is newly available to schools in the UK. Visit stand B0 to see a Cubbie for yourself and learn how it's benefiting the lives of autistic pupils from its creator, David McIntyre.

Visit Autism Meets, in partnership with Brain in Hand, to ask questions and share your experiences with the autistic speakers from the Hub Theatre 1.



braininhand



The Hub: Theatre 1 🕮

In partnership with braininhand

Listen to the experiences of autistic adults to gain direct insights into your past, present and future.

Fri 17 June	Title	Speaker
10.00 - 10.15	Welcome and the importance of autistic inclusion	Connor Ward, User Experience Specialist at Brain in Hand
10.20 - 10.50	The autism advantage - making the most of neurodivergent talent in the workplace	Michael Barton, Author, Autism Speaker, Data Analyst and Musician
10.55 - 11.25	My positive approach to living with Asperger's	Alex Manners, Autistic Speaker and Author
11.30 - 12.00	How I navigated through work life being autistic	Max J Green, Autistic Actor and Activist
12.05 - 12.35	The benefits of late diagnosis: self-awareness and self-acceptance	Brian Bird, Autism Advocate and Blogger (Autism Support Community)
12.40 - 13.10	How we involve the autistic community in the development of our product	Connor Ward, User Experience Specialist at Brain in Hand
13.15 - 13.45	How being diagnosed at 44 changed my life for the better	Kelly Grainger, Autism Speaker & Neurodiversit Consultant & Co-Founder of Perfectly Autistic
13.50 - 14.20	Dealing with your own sensory challenges	Laurence Mitchell, Ambassador for the Olde Adult with Asperger's, Author and Speaker
14.25-14.55	Why masking can make autistic people vulnerable	Christine Lion, Author
15.00 - 15.30	Colours of sound: synesthesia and autism	Patrick Samuel, Asperger Artist
15.35 - 16.05	How to survive as an autistic teenager	Natasha Baiguerra, Actor, Musician and Autism Advocate

Sat 18 June	Title	Speaker
10.20 - 10.50	Autism, accelerate the understanding	Dan Jones (The Aspie World)
10.55 - 11.25	Four years and counting - my adult autism diagnosis story	Kevin Chapman, Autism Family YouTuber
11.30 - 12.00	Autism and media - sharing and hamessing autistic talent	Tony Rudd, VIBE Radio Manager
12.05 - 12.35	AspergerWorld - masking, gaslighting, thriving and autism acceptance	Joely Williams, Autistic Award Winning Speaker and Author
12.40 - 13.10	How we involve the autistic community in the development of our product	Connor Ward, User Experience Specialist at Brain in Hand
13.15 - 13.45	Insights from an autistic teacher	Chris Bonnello (Autistic Not Weird), Autistic Advocate Award Winning Writer and Special Needs Tutor
13.50 - 14.20	An autism friendly guide to periods	Robyn Steward, Autism Trainer and Author
14.25 - 14.55	An introduction to sensory differences	Georgia Harper and Sam Ahern, Channel 4's "Are You Autistic?" Presenters
15.00 - 15.30	The aftermath of the pandemic on the autistic community	Connor Ward, Autistic Speaker, Consultant and Vlogger

Correct at time of press. To view the latest programme wait www.astornthow.co.uk

Exhibitors include:

Achieve Together Ambitious About Autism Autism Education Trust. Autism Eye B Squared BeyondAutism Boyes Turner Brain In Hand Breckenbrough School BrightSign Technology The Cambian Group Cavendish Education Centening on Children Choice Care Group Consensus Support Cubbie - Personalised Sensory Regulation (PSR) Derwen College Discover SEN Doyle Clayton Dynamo Maths (Supporting Dyscalculia) Eddie's Mum Estate Planning Solutions Explore Your Senses Home From Home Care Limpsfield Grange School London South Bank University LuxAl Muntham House School National Autistic Society

 Neurodiverse Self Advocacy Partnership
 SEN Legal

 OM Interactive
 Sensory D

 Options Supported Holidays
 Smartbox

 Dutcomes First Group
 SpaceKraft

 Precious Homes
 St. John's S

 Prior's Court
 St. Joseph's

 Priory Education and Childrens Services
 Swalcilitte

 Re:Cognition Health
 TCES Group

 Ruskin Mill Trust
 Tough Furn

 Safespaces
 T1S Group

 SAS Centre – Sensory Activation
 The View S

 Solutions
 West Heat

 Scope
 Widgit Soft

SEN Legal Sensory Direct Smartbox Assistive Technology SpaceKraft St John's School & College St Joseph's Specialist Trust Swalcilite Park School TCES Group Tobil Dynavox Tough Furniture TTS Group The View School West Heath School Widoit Software

When and Where

Opening times Friday 17 June 9.30am - 4.30pm Saturday 18 June 10.00am - 4.00pm

How to get there

By train We recommend that you take the Jubilee Line from central London to Canning Town and then change onto a Beckton-bound DLR train for the quick two-stop Journey to the Custom House station. This station is attached to the venue. Enter the venue through the glass doors, walk for a few minutes along a wide corridor and the entrance into The Autism Show will be on your left-hand side. signed Hall N8

HALL NB, ONE WESTERN GATEWAY, ROYAL VICTORIA DDCK, LONDON E16 1XL

By car There is easy access from the M25, M11, A406 and A13. For Sat Nav purposes, use postcode E16 1FR. Please park immediately below the venue, in Zone 3 of the Orange Car Park. This is the closest parking area to the show entrance. Once parked, walk through the entrance into the venue and take the stairs or lift to the level above. Walk straight ahead for one minute and the entrance into The Autism Show will be on your left hand side, signed Hall N8.

Quiet Room

A Quiet Room is available for visitors. Please visit the Organiser's Office within the hall to gain access.



Parent/Family Carer Professional Concession (Autistic adult, receiving DLA or PIP, unemployed or student)	£18.00 £22.00	£23.00
	£22.00	222.44
Concession (Autistic adult, receiving DLA or PIP unemployed or student)	666.00	£28.00
Correctorie plantic adart recently bereit in anchererer of stratenty.	£16.00	£20.00
Child (Under 16)	Free	Free
Group Booking - Parents/Family Carets (10 or more)	£16.00	N/A
Group Booking - Professionals (10 or more)	£20.00	N/A

Booking fees apply on all online advance tickets

Online advance tickets will only be available until 9.30am on Friday 17th
June 2022

Tickets allow entry for one day only but can be used on either day

Children aged under 16 enter free of charge
when accompanied by an adult

If applicable, proof of concession will be requested prior to entry into the event

Book tickets today at www.autismshow.co.uk

All information and advice expressed at The Autism Show is provided by third parties and offered by the organisers in good faith. Park View Events cannot be held responsible for any damage or loss caused by any inaccuracy of information therein.



The Autism Show is organised by Park View Events Ltd T 020 8882 0629 E infograutismshow.co.uk W: www.autismshow.co.uk