



SCHOOL *NEWS*

April 2024

Message from Senior Leadership Team

Dear Parents and Carers,

Our amazing pupils returned from their Easter break full of energy and ready to learn. In this month's issue, we focus on the sensory aspect of learning that helps pupils to regulate, and improves availability for learning.

Kind Regards
Lukasz Rumanowski
Academy Head



Important dates for your diary

Friday, 26th April - Parental engagement afternoon at 1:30.

Discussion focus is extra-curricular activities: What are the school plans and what would our families like to see?

Teams link will be sent to parents that wish to join online

Family Support Team

Riverwalk Family Support Team, Jane Tarbuk & Lucy Buckle are available to offer support, advice and guidance.

Please do contact us on familysupport@riverwalk.suffolk.sch.uk or 01284 764280



Just Chat

NEWS

April 2024

Hello everyone

Following our very successful first Just Chat meeting, we are pleased to announce the following events. All parents are welcome at all Just Chat gatherings.



Wednesday 24th April 2024 – 1 – 2.30. We are pleased to announce that Chris Southwell Lead Provider Account Manager, Inclusion Services Health, and Wellbeing Services Suffolk County Council from Activities Unlimited visiting to provide family advice and support regarding completing the application form and the activities available.

Add Wednesday 22nd May 2024 10 – 11.30. Our guests for this gathering are Louise McKenzie (Physical and Sensory Co-ordinator) and Lucy Martinez (Occupational Therapist and Advanced Sensory Integration Practitioner) Lucy does not work for the NHS in Suffolk but visits the school each week to provide specialist support. Please let us know if you have any specific questions.
your
new text



Wednesday 17th July 2024 10 – 11.30. Our guest for this Just Chat gathering is Gemma Chaplin from the National Autistic Society. She is the Continuous Improvement Lead working with the Autism Specialist Team (Quality and Assurance) and Deputy Area Manager for the South (East Anglia, Hertfordshire, and Kent). Gemma has worked in the Learning Disability and Health and Social world since she was 17 starting her career at Riverwalk School going on to work for Mencap as a Registered CQC Manager and now the National Autistic Society. She is happy to talk about transitions, support and access in the community and networking generally. If you have any specific questions you would like to ask, please let us know in advance.

We look forward to meeting you again. Everyone welcome.

Steph, Jane, and Lucy your Just Chat Team



Family Support **NEWS**

April 2024

Here are some numbers that you may find useful.

Customer First:

Social Services Enquiries and Referrals - 0808 800 4005

Activities Unlimited: Short Breaks - 01473 260026

Local Offer Line: General SEND Enquiries - 0345 6061490



Thank you for all the donations Riverwalk school have received. We are pleased to say we raised £116 for comic relief and £121 from the sale of Downs syndrome day badges.



<https://www.sibs.org.uk>



Sensory



NEWS

April 2024

Hello, we are Louise (Physical and Sensory Co-Ordinator) and Lucy (OT and Advanced Sensory Integration Practitioner). We have been working with classes to develop the range of sensor activities on offer.



Here are some of the sensory activities which are happening in the school:

Sensology

Sensory circuits

Tai Chi massage

Adapted Yoga

Tac Pac

Movement breaks

Choccy the therapy dog

Swimming

Rebound / horseriding

Sensory / messy play

Louise has worked at Riverwalk School for over 14 years and progressed to her new post in September 2023. She enjoys the variety of her role which includes eyegazing, therapy dog sessions and visiting classes to do sensory activities.





Music Dave



NEWS

April 2024

Welcome back everyone to the Summer Term. Our wonderful pupils continue to impress their staff and me with their performing skills, recall, listening, waiting and sharing skills. And it's always a joy to see and hear pupils having fun, smiling and deriving obvious pleasure from experiencing all the sensory and social aspects of music. Sharks class have prepared a performance for assembly of 'Jungle' by ELO; their musicality, awareness, listening and concentration have been fantastic and their performance, of 4 different parts in polyphony, is absolutely superb.

Also, due to Signing choir being such a success and so popular, we have had to move to a bigger rehearsal space! Well done to all the signers (and singers and dancers!).



Reminders from the team
Signing Choir: Monday at 1.15pm in
the Sports Hall.



Bears



NEWS

April 2024

Welcome back, hope you all had a good Easter holiday.

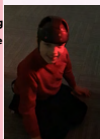
In Bears class we love our sensory activities.

Each week we take part in sensory circuits, sensology, tac pac, sensory stories and messy play to name a few.

Just a reminder as Anto is not here for the next 10 weeks Sam will be teaching in Bears class on Mondays, Thursdays and Fridays and Anna will continue to teach on Tuesdays and Wednesdays. Anto will miss you all but will be back before the Summer holidays.

Our topic this term is 'Helping' and each week we are going to be learning about different people who help us. We have begun this week with post people and will be looking at Fireman next week, followed by, farmers, vets, plumbers, builders etc

Our sensory story this half term is "you cant call an elephant in an emergency".





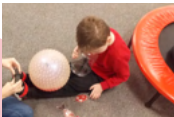
Bumblebee NEWS

April 2024

Yoga, Rebound Therapy, Sensology, Messy Play and Sensory Stories are some fun ways we use to wake up our senses and learn to regulate how we feel.



Bumblebees are now starting their Sensory Circuit independently as soon as they hear the familiar music. First is an alerting activity like bouncing on the trampette, then an organising task like throwing beanbags into a net & finishing with a relaxing experience like massage. This help them feel regulated and ready to learn, Yoga, Rebound and Sensology





Butterflies NEWS

April 2024

Hello!

We hope you had a lovely Easter.

Butterflies enjoy using their senses to explore and learn. Our favourites are messy play, Soft Play and Art. We also like using number shapes and letter shapes to help us with our reading and understanding number. Please remember to book a slot for Parents' Evening.





College **Post 16** *NEWS*

April 2024

In Post 16 we have been enjoying our daily sensory circuit sessions.

We have been exploring lots of different way to regulate, as well as exploring a variety of different textures being move over our arms and legs, lots of us have really enjoyed the different stretching exercises. we all loves the yoga ball and our PMLD students loved the rebound tramploine sessions.



Reminders from the team

Please remember to send in a snack daily.

Please keep an eye out for notification on when your child will be going shopping.



Eagles NEWS

April 2024

Eagles have done really well getting back into school routine. We have enjoyed messy play, r ecapping on what we have learnt last term and have been exploring plants and their functions.





Elephants NEWS

April 2024

In Elephants we really enjoy our music and cooking sessions where we explore more of our senses. It is great fun making different sounds with the instruments, choosing how fast and loud we sing. Stirring, spreading, changing the colour of foods, sprinkling toppings on too are some of our favourite parts of cooking- but our best bit is eating our cooking... Yum!





Emus



NEWS

April 2024

We hope you all had a relaxing Easter break.

This term our topic is 'Helping' and we will be exploring different people within the community who help us.

We have already been working hard on recognising environmental sounds so far this term in our phonics sessions.

We have been enjoying our cooking and art sessions in Emus. We also loved our session with Choccie the therapy dog and can't wait for the next one!



Reminders from the team

With the warmer weather on the way (hopefully!) please can you ensure your child has a drink and also a hat to protect them from the sun. A spare set of clothes is always useful in case of accidents or getting messy!



Giraffes



NEWS

April 2024

We hope that you all have had a restful Easter break. This term our topic is Prehistoric Planet and we have been already exploring different size, texture, and species of dinosaurs. Our daily routine includes sensory circuit, Tac Pac sessions and other sensory activities to support regulating our emotions and preparing us to learn. We really enjoy spending time outside during our playtime and going on the swing is one of our favorite things to do. We can't wait for sunnier and warmer days where we can have more opportunities for outdoor learning activities.



Reminders from the team:

The warm weather would be here anytime soon and we will need suncream and hats to be able to fully enjoy our outside learning.



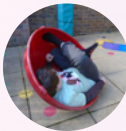
Grasshoppers NEWS

April 2024

Welcome back from Grasshopper class. The students have had a great first week of term and have returned from Easter Holidays full of energy for learning. This term our topic is helping and we will be thinking about all the people in the community that help us like dentists, doctors or firefighters.

Whilst we learn about our topics we have also engaged with lots of fun sensory activities such as TacPac, music therapy and the soft play room. Some of our students have had the chance to access the sensory intergration room and we have enjoyed visits from Chocky the therapy dog. The older students in Grasshoppers have also done very well on their first trip horse riding with everybody getting on the horse first try!

Well done Grasshoppers



Reminders from the team
Hopefully the warmer weather will arrive soon, please provide suncream and/or a hat for your child when it does warm up.



Kangaroos NEWS

April 2024

It has been lovely to see all the Kangaroos come back well rested after the Easter break. We enjoy a range of weekly sensory activities. As you can see we have been lucky enough to have a visit from "Choccy" the therapy dog who was a real hit with all of us. We would have liked her to stay all day! We enjoy cooking using our senses to smell, taste and touch the ingredients. In our art activities most of us don't mind getting messy and we enjoyed fruit printing. We make use of the soft play, dark room and bubble tube room each week. In messy play Kangaroos enjoy pushing cars in paint to see what marks can be made. On a Friday we enjoy doing Yoga with meerkats and some of us really are very bendy!



Reminders from the team:
Please can an oversized large old T shirt be sent in for messy play to protect the children's clothes.



Koalas



NEWS

April 2024

Happy Easter from Koalas class. In this final week of term we have enjoyed a lovely visit from parents where they came to see us do some cooking and art. We will have a lovely break and look forward to the summer term. Hopefully we will get some sun!

Here are some pictures of some of the sensory activities that we have done so far this year. These activities are incredibly for exploration and regulation. We look forward to seeing everybody next term..



Reminders from the team
Please could you ensure you send snack and squash in for your child.



Ladybirds NEWS

April 2024

Ladybirds class have been having so much fun exploring wet and dry messy play. They particularly liked finding farm animals, and making marks in chocolate mud and jelly.

Everyone is engaging well in sensory sessions, watching and popping the bubbles, exploring textures and having hand massages.



Wiggling fingers
show movement

Thankyou for sending in snacks for snacktime.
Alittle reminder to send in a set of spare clothes
Thankyou from the Ladybirds Team

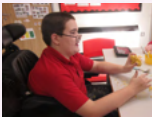


Leopards NEWS

April 2024

Welcome back after the holidays. We hope you all had a lovely Easter Break!! Our topic this term is 'Prehistoric Planet'. We will be learning all about Dinosaurs and learning different signs such as 'prey', 'hunter', and 'carnivore'. We have got some lovely new songs for singing and signing which we hope the children will enjoy singing and signing along to.

In class Leopards have been engaging with different sensory activities to provide calming, alerting and organising throughout the day. We engage with sensology sessions, massage every morning, messy play sessions, cooking and sensory circuits. The children all really enjoy these and all get stuck in!



Reminders from the team

PE is now on a Monday morning

We will be starting our trips out to Nowton park next week on a Thursday morning (weather permitting). If you would like your child to buy a drink/ snack please send them in with some money in a named purse/ bag. Thank you



Lions



NEWS

April 2024

In Lions class, sensory messy play is one of our favourite things to do. Some of us love the different textures of dry messy from pasta to shredded paper sprinkled on our hands others of us love the mess of wet play with bubbles and shaving foam. We make lots of happy sounds while exploring and fulfilling our sensory needs.





Meerkats



NEWS

APRIL 2024

Welcome back.

Meerkats children were pleased to be back to school and see their friends and familiar adults at school.

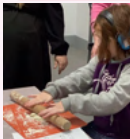
This term our topic is "People that help us"

Our sensory stories will be focused on exploring props related to our topic. Children will be able to pretend to be firefighters, doctors, teachers or police officers.

The last few weeks children had the opportunity to explore a variety of physical and sensory activities.

Like going swimming, experiment using a variety of materials in science, taking choccy the therapy dog for walks, using a variety of tools in cooking and Art.

Children also have the opportunity to do sensory circuits every morning and tai chi massage after lunch. This supports the children to feel regulated and ready to learn.



Reminders from the team:

Remember our PE lesson is on
Wednesdays.
Walks to Nowton Park will be on
Thursdays.



Octopus NEWS

April 2024

I hope everyone had a restful Easter break. Our topic this term is Prehistoric Planet. This half term we will be learning about fossils and dinosaurs. The children have made a great start on this already.

Before the holidays, we had fun learning about seasons, particularly going on a Spring scavenger hunt around the school. The children continue to enjoy and benefit from Music with Dave. We have also introduced sensory circuits twice a day which help the children to regulate their emotions and get ready to learn.

Octopus Class love sensory play so I've included pictures of some of the messy play and sensory opportunities they have accessed so far this year.



Please remember to provide snacks and drinks for your child.
Also please provide spare clothes for your child in case of accidents or getting messy.
Thank you :)



Orcas



NEWS

April 2024

Happy Easter from Orcas class. In the final week of term we enjoyed a lovely visit from parents where they came to see us and helped us engage in our new health and hygiene sessions. We also got busy exploring some Easter crafts. This term we have also been exploring the characters from the story Jack and the Beanstalk, with craft activities and sensory exploration. We hope to get outside more now the weather is finally starting to improve! We hope you had a lovely break and got a chance to get out in the sunshine.



Reminders from the team:
Please remember to provide snacks and drinks and suncream for your young person.
Thank you :)



Owls



NEWS

April 2024



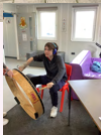
In Owls class we like to split up our day have lots of physical and sensory breaks. In the morning and after lunch we start with a sensory circuit. We perform lots of different tasks in this daily. Our favourites this month have been Hula hooping, blowing feathers in the air and hugging a teddy. This helps us to resettle and focus on our day.

In our youth club sessions with our friends in Eagles class we enjoy lots of different types of massage. We have a massage bed, electric massage guns, foot spas and vibrating mats. We even enjoy deep pressure massage.

In our weekly PE sessions with the sports leaders we have recently been enjoying dancing and circuits. We have all got stuck in to this and had a real laugh!

Something we do daily also is TACTAC. This is something we do to music and it helps us experience different sensory sensations. This can include being fanned, having sponges brushed over our skin and having chains lowered onto us. Not only do we find this a very soothing activity but it helps us build our tolerances to different things.

We enjoy lots of varied physical and sensory tasks in our school week. Amongst others, some of our favourites are Rilshaw, Music Dave sessions and cooking. We also have lots of sensory breaks in between activities to help us stretch our legs and have a breather before trying something more focused again. We each get to choose something from a choice board during this time. We find this really enjoyable and look forward to this!





Pandas NEWS

April 2024

In Pandas class we have enjoyed cooking and Yoga.

We have loved music time with Sophie. Playing instruments and dancing to the music.

We have been exploring the sensory next to our classroom and outside in our mud area.



Reminders from the team

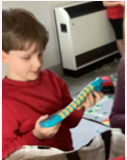
Now the weather is getting warmer we will be playing with water, can we please have a change of clothes.



Rabbits NEWS

April 2024

Lovely to have our little Rabbits back! Each school morning the first activity in our class is messy play. This is one of the highlights of the morning, the children love it. It provides a lot of sensory input and is a fun place for learning and developing gross and fine motor skills. Messy play builds on children's curiosity and encourages a positive approach to new experiences. Part of our daily routine each afternoon is tac-pac, sensory play, sensory circuit and yoga which not only increases flexibility, balance, and concentration, but this can also be excellent for helping to calm a child who may be feeling anxious.



Thank you for sending a variety of snacks for snack time for your children.



Raise *Raise* **NEWS**

April 2024

We hope all students have had a relaxing Easter break! Since we have been back students have been developing their phonics, listening and commenting on sounds in the environment. In Arts and crafts/DT students have been preparing for Saint George's day next week. Putting the finishing touches on their shields and decorating helmets. In Gardening they have planted cauliflower in the raised beds. For community access students will be developing their ability to access the countryside and parks safely with support. In Music students have been developing their ability to share instruments and have positive interactions with each other within the group.

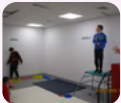




Sharks NEWS

April 2024

Sharks spend lots of time involved with sensory activities. We have sensory activities set over the course of the day available for pupils to access through our continuous provision and key moments of the day too. This can be a sensory circuit, a Tai Chi massage, access to the trampoline, elastic bands or even messy play. We often work with different textures, smells and tastes so that we can experiment with new things, use all of our senses and explain why we like or don't like something. We also spend lots of time outside and focus on physical activity a lot. The classroom's kite has been well used and children are getting really good at operating it. We still cook every week and focus on following recipes, using kitchen utensils, smelling and tasting our ingredients. We are maintaining very good relationships with staff and peers too. Well done Sharks, we look forward for a great Summer Term.



Reminders from the team

Please remember to send PE kits in and a daily snack to school.



Tigers



NEWS

April 2024

We have had a really exciting run up to the Easter holidays - using all our senses to explore the world around us. In science this month we have been thinking about how materials can be changed. In cooking we have been looking at the effect heat can have on different foods e.g. melting chocolate and cooking eggs. We really enjoyed our science experiment with baking powder and vinegar. We used pipettes to drop white vinegar onto piles of baking powder - everyone was excited to see the white dry powder start to fizz and bubble.

Thank you to all the parents who came to our Easter parents afternoon. The children thoroughly enjoyed making chocolate crispy cakes. They read the recipe and followed the instructions carefully and showed great cooking skills - mixing, spooning and pouring. They also enjoyed using their sense of touch to find hidden Easter objects in the shredded paper. Great work Tigers.



Reminders from the team:

Swimming on Thursday mornings with the tigers who are in years 3 and 4.

Please name all items of clothing and footwear - as it gets warmer, the children like to take off their jumpers and we want to be able to return them.



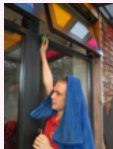
Wolves



NEWS

April 2024

We start our day with Tac Pac to enable all students to relax and get themselves in a good place for learning. It is a very sensory based activity in which we encourage focus on textures and calming experiences. In the middle of the day, we have playtime and encourage students to play on the swings, run or use the available equipment to stretch limbs. After lunch when we have seen to all our personal care, we do Tai Chi which helps develop an awareness of ourselves as well as helping with co-ordination skills. Towards the end of the day, we focus on gross motor skills with the gym balls, stepping stones and therabands. As the weather improves, we will be able to use the outdoor gym equipment in the hope that any left-over energy will be used up before going home!



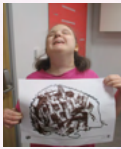
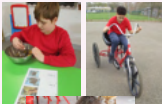
Our topic this term is Pre historic Planet and our text will be Caveman Dave by Nick Sharratt



ZEBRAS NEWS

April 2024

We spend a large part of our day in Zebras involved with sensory activities. We have a sensory tray most days during our continuous provision set up in the morning. This might be something malleable like playdough or something messier like gloop or shaving foam. We often try out stimuli with strong smells and tastes so that we can use all of our senses to discover as well as express which we like and don't like. Now that the weather is a little milder, we open our water play table more often and some children choose to spend long periods pouring, swooshing and splashing outside. We still have a cooking session every week and we focus on feeling, smelling and tasting our ingredients. Everyone enjoyed crunching the cornflakes for our Easter nests using their hands or tools. We also make the most of our playtimes on the swings, roundabout, climbing equipment and bikes to seek sensory input and help us regulate and have fun!!



Our topic this term is People who Help us – both in our community and how we can help ourselves and each other.