



Foundation

The Orchards 2022/23 Impact Report

Our vision

A future where all young people are empowered to achieve their goals



Foundation

Our mission

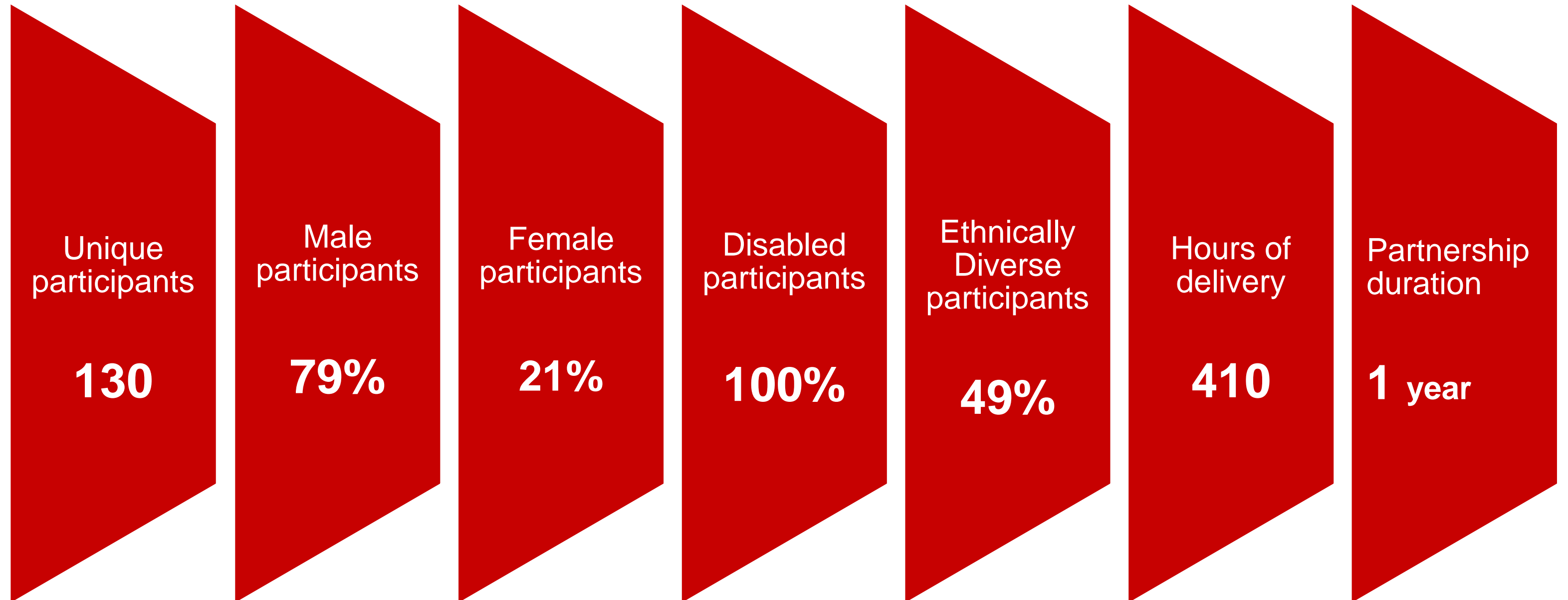
**We use the power of
football and Manchester
United to help young people
make positive choices
in their lives**



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Delivery Statistics

Academic Year Totals



Ofsted Framework



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Behaviour and attitudes

Inspectors will make a judgement on behaviour and attitudes by evaluating the extent to which:

- The provider has high expectations for learners' behaviour and conduct and applies these expectations consistently and fairly. This is reflected in learners' behaviour and conduct
- Learners' attitudes to their education or training are positive. They are committed to their learning, know how to study effectively and do so, are resilient to setbacks and take pride in their achievements learners have high attendance and are punctual.
- Relationships among learners and staff reflect a positive and respectful culture. Leaders, teachers and learners create an environment where bullying, peer-on-peer abuse or discrimination is not tolerated. If they do occur, staff deal with issues quickly and effectively, and do not allow them to spread.

Slides:
28, 43 & 44

Personal development

Inspectors will make a judgement on the personal development of learners by evaluating the extent to which:

- The curriculum extends beyond the academic, technical or vocational. It provides for learners' broader development, enabling them to develop and discover their interests and talents
- The curriculum and the provider's wider work support learners to develop their character – including their resilience, confidence and independence – and help them know how to keep and mentally healthy
- At each stage of education, the provider prepares learners for future success in their next steps
- The provider prepares learners for life in modern Britain by:
 - equipping them to be responsible, respectful, active citizens who contribute positively to society
 - developing their understanding of fundamental British values
 - developing their understanding and appreciation of diversity
 - celebrating what we have in common and promoting respect for the different protected characteristics as defined in law.

Slides:
8, 9, 10, 11, 12, 13, 14, 20, 21, 24,
25, 32, 33, 34, 35, 36, 41, 55, 56,
59, 60, 61, 63 & 64



Curriculum Delivery



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Curriculum Delivery

The Orchards Timetable

It's been great implementing a regular timetable where I deliver to every class across The Orchards. I continue to enjoy building strong relationships with both staff and children whilst developing the students through sport. The main focus this term has been to deliver PE lessons across the school and implement a daily morning sensory circuit, which has been a great success. I have also organised and delivered lunch time activities across each playground every week and weekly environment sessions. It's been very rewarding seeing the children progress and develop further this term.

Timetable						
	AM			LUNCH	PM	
Monday	8:45-9:15am Morning Circuit - Hall Formal Pathways	9:15-10am Morning Circuit - Hall Informal Pathways	10:15-11:30am Physical development Hilltop	12:30-1pm Lunch Club	1:30-2pm PE Meadows 3	2-2:30pm PE Woodland 4
Tuesday	8:45-9:15am Morning Circuit - Hall Formal Pathways	9:15-10am Morning Circuit - Hall Informal Pathways	10:15-11:30am PE Riverside 1 & 2 - Hall	12:30-1pm Playground Lunch Club	1:30-2pm PE Woodland 5 Hall	2-2:30pm PE Woodland 6 Hall
Wednesday	8:45-9:15am Morning Circuit - Hall Formal Pathways	9:15-10am Morning Circuit - Hall Informal Pathways	10:15-11:30am Brambles AM Physical Development Hall	12:15-1pm MUGA Lunch Club	1:30-2:30pm Brambles Physical Development Hall & MUGA 2-2:45 environment session	
Thursday	8:45-9:15am Morning Circuit - Hall Formal Pathways	9:15-10am Morning Circuit - Hall Informal Pathways	10:30-11:30am Meadows 1 > Meadows 2 PE Hall	12:30-1pm Hilltop/Riverside Lunch Club	1:15-2:45am Woodland 1 > 2 > 3 PE Hall	
Friday	8:45-9:15am Morning Circuit - Hall Formal Pathways	9:15-10am Morning Circuit - Hall Informal Pathways	Mentoring	Mentoring	PPA	PPA

Timetable



Curriculum Delivery

Gymnastics

The first half of this term focussed on delivering Gymnastics sessions as part of the schools PE curriculum. It was fantastic to see the students enjoy and engage in the sessions which helped develop key skills such as coordination, balance, climbing, jumping and controlled swinging. Whilst learning about parts of their body used throughout the various activities. During these sessions, I also incorporated activities that focused on individual learning plans such as throwing, catching, kicking, rolling and counting. It's been brilliant to see their confidence grow and physical endurance improve over the term as a result of the sessions.



Jenson climbing up a ladder



Tobias showing off his balancing skills



Bobi-Jac doing the 'move of the day' swinging on the bars

Curriculum Delivery

Net and Wall games

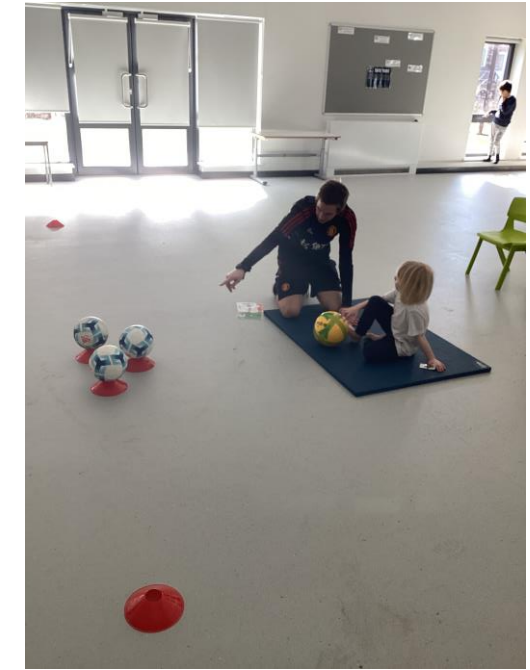
The PE curriculum for the second half of the term was Net and Wall games. It's been great working alongside the teachers to plan and deliver a range of different activities to suite each class. The sessions help the students become more physically active and give them the opportunity to learn new skills whilst participating in new sports such as volleyball, tennis, football and dodgeball. I encourage the students to have fun to increase engagement, help improve their confidence levels and self esteem to benefit their self development.



Rivae throwing into a water target



Ryan and Khion playing tennis



Jack rolling the ball

Curriculum Delivery

Net and Wall games

Woodland 6 have been learning about winning and losing during PE this term, focusing on teamwork and taking turns through tennis, football and dodgeball games. This is key to developing their life skills to help understand the ups and downs of life. It was brilliant to see the children and staff get competitive and enable them to learn about appropriate actions and reactions to winning and losing.



Dodgeball getting competitive



Football match



Floor is lava game!

Curriculum Delivery

Personal Development - Brambles

It's been brilliant to see Brambles enjoy their weekly personal development sessions which allow the children to explore activities to help develop their fine and gross motor skills. Brambles are children from nursery and reception age groups, and have been busy developing their skills in a wide range of activities, which include climbing, balancing, rolling, kicking, jumping, throwing and catching. Some of the children have also enjoyed learning and playing fun games on the MUGA which has allowed them to explore a new area of the school and help develop their confidence, communication and interpersonal skills further.



Anthony and Chrissy organising cones by colour as a team



Eshan balancing on a beam



Chrissy enjoying throwing the beanbags matching up the colours

Curriculum Delivery

Personal Development - Hilltop

I really enjoy the weekly Personal Development sessions with Hilltop. This term Mo and Lara have been working on their mobility and balancing skills and it's brilliant seeing them develop each week and see their confidence grow. I'm really proud of Mo showing everyone he wants to transition to the hall more regularly for similar activities. We also play fun games and I encourage the children to participate in boccia style activities to develop their fine motor skills and interaction, whilst also achieving a physical goal.



Lara working on her balance and mobility



Hilltop enjoy starting the session going through the tent tunnel



Lara participating in a Boccia activity

Curriculum Delivery

Inclusive Rugby with Sale Sharks

We invited Sale Sharks into The Orchards for some inclusive Rugby sessions over a six week period. It was brilliant to see the children enjoy and engage so well in a new sport and build relationships with unfamiliar staff. The children really enjoyed throwing, catching and kicking the rugby balls and playing fun games. It was brilliant to see their skills develop and how excited they were to see Megan and Mickie each week.



Nikita and Aiden practising their throwing and catching skills



Practising throwing and catching Rugby balls



Labeega in action kicking a Rugby ball

‘Ian arranged for the coaches from Sale Sharks to come into The Orchards. These fully inclusive trips have been a highlight for the children this year.’

Mrs Davies, Woodland 5 Class Teacher

'Ilan continues to approach all his interactions and sessions with the children he works with, with an amazing appreciation for the individual needs of each child and with willingness to learn from them and let them show him who they are.'

Ilan works collaboratively with teachers and support staff to ensure that all his sessions meet the sensory, communication and learning needs of each child and he has managed to reach children with very complex needs and support them with turn taking, teamwork and group participation which are very challenging skills for these children to develop.

It is a pleasure to work with Ilan, he is always enthusiastic, composed and keen to help.'

Miss Burgis – Meadows 1 Class Teacher

‘Ilan is such a positive role model around school. He has brilliant relationships with the children in school and they respond really well to him.

He puts the children at the centre of everything he does. Ilan works closely with the staff in school to ensure the sessions that he teaches are best suited to the needs of the children.’

Mrs Davies – Woodland 5 Class Teacher

‘My class of students, as well as the staff, have really enjoyed Ian’s Sensory Circuits and PE sessions. The children love the sessions and make great transitions to the hall to come and join in.’

The children in Riverside need a little longer to engage in activities, and to process what is expected of them; they like to watch before they build up the confidence to join in.’

Ally Taylor – Riverside 1 Class Teacher

Football Sessions



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Football Sessions

Lunch Clubs

I've enjoyed organising Football sessions during lunch clubs across each playground in the school, where the children have the opportunity to enjoy playing football and develop their skills and confidence further. The lunch clubs help bring children from different classes together to interact and engage in fun activities which encourage them be more physically active whilst developing their skills.



Covenant kicking the football to me



Joshua playing football



Jake with the football

Football Sessions

Case Study - Covenant

Covenant's class teacher had been trying to find outdoor lunch time activities for Covenant to engage in. Covenant loves being outdoors but didn't always engage in activities for very long.

This term however, he has become really engaged in football, practicing his 'big kicks' around the playground. He now asks for more when lunch time has finished. It's great to see him get excited for football when I join him in the playground, he knows exactly what's coming when he see's me so it's brilliant that this has become part of his lunch time weekly routine. Its great he's learnt a new skill and found an activity he engages with, and I look forward to building on his football skills even more next term.



Covenant concentrating on his 'big kicks'!

‘I know like you’ve said that you feel privileged to work with the children, but we the school feel very privileged and lucky to have you as well.’

Imogen BoSmith – Assistant Headteacher

Leadership



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Leadership

Benji – hats and scarves hand out

To encourage leadership and confidence, Year 6 student Benji helped plan, organise and hand out the hats and scarves to students at The Orchards, which were donated by the Manchester United Foundation. Benji was really helpful and enjoyed the responsibility of helping and got real satisfaction giving them out to some classes around the school.



Benji counting and organising the hats



Benji enjoying the responsibility



Benji giving out the hats

Leadership

Lunch Hall set up

I have organised and encouraged pupils at The Orchards to develop their leadership skills around the school this term by helping me tidy away sports equipment and set up the hall for school dinners. This also improves their wellbeing, feeling good about themselves completing a good deed for the day. The pupils enjoy the challenge of trying to get the hall set up for dinners within a target aim time! The task gives the children additional responsibility as well as a sense of satisfaction helping the school and fellow children out.



Woodland 6 helping set up the hall



Tyler in charge of the chairs



Woodland 3 working as a team

‘It was great to see how quickly you have emerged yourself in your new role in a short period. The sensory circuits worked really well and it was clear to see the impact this was having for the children you are working with.

You are clearly highly thought of by your colleagues and it was lovely to hear all the positive feedback from them.’

Charlotte Oprey – Manchester United Safeguarding Officer

Competitions



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Access Sport Inclusive Sports Day

Bowden Sports Club

A group of students attended Bowden Sports Club for an inclusive sports day where they participated in a wide range of sports such as cricket, football, boxing, rugby and squash. It was fantastic seeing the students enjoy the sports and engage with partner SEN schools in an unfamiliar setting. A highlight of their day was the Sale Sharks rugby sessions with Megan who they met earlier this term at The Orchards. It was brilliant to see them so excited to see Megan and Mickie in another setting and build this relationship further.



Balancing a ball during Squash



Mujtaba ready for Boxing



Practising our dribbling skills during the football session

Access Sport Inclusive Sports Day

Student feedback

'Football was my favourite, I liked kicking the ball.'

Malak, Woodland 5 student

'I liked kicking the ball and I loved cricket!'

Santi, Woodland 5 student

'Boxing was my favourite.'

Kai, Woodland 5 student

'I like Boxing the best because I liked the gloves. The big red ones were my favourite.'

Ryan, Woodland 5 student

'I liked Cricket and Boxing and all the things!!'

Labeeqa, Woodland 5 student

‘The children at the Orchards thoroughly enjoyed the inclusive sports event at Bowdon Sports Club. It was well organised and the children had a brilliant time being fully immersed in a range of different sports.’

Mrs Davies – Woodland 5 Class Teacher

Extracurricular



Extracurricular

Delivery Headlines

During the Winter term of the academic year:

Across **102** Sensory Circuit sessions, **32** students engaged in Sensory Circuits with a cumulative engagement of **559**.

I asked **6** regular participants how much they enjoy Sensory Circuits with the below diagram:



100% of the participants we asked highlighted level 1 enjoyment of Manchester United Foundation Sensory Circuits.

Extracurricular

Sensory Circuits

I've really enjoyed organising and delivering sensory circuits across the school and bedding this in as a regular, routine activity every morning. The sensory circuits are designed to help the children regulate, to get their minds and bodies ready to learn by participating in fun activities through 'Alerting', 'Organising' and 'Calming' zones. It's a great way to begin the day and brilliant to see the children come into school excited to start their day with fun activities, alongside the positive impact it's having on the children's learning in class.



Santi 'Alerting' on the trampette



Tobias 'Organising' climbing and balancing a bean bag



Kayani 'Calming' with ball squash

Extracurricular

Sensory Circuits

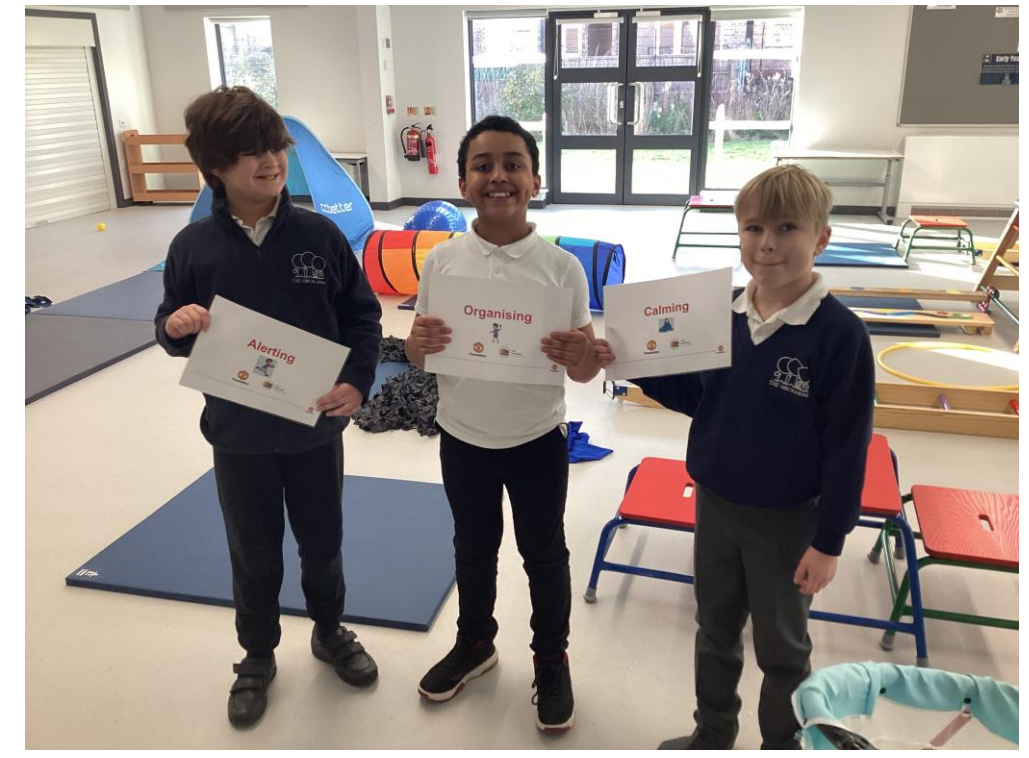
The children really enjoy and are fully engaged during sensory circuits which, as well as regulating the children ready to learn, also help develop their fine and gross motor skills and increase their confidence and independence. The sensory circuits are fully inclusive and available for all children in the school, with various activities to help engagement. I also enjoy developing the staff on sensory circuits and its benefits.



Ryan and Santi balancing and climbing



Santi 'Calming' in the body sock



Santi, Benji and Ryan learning how exercise helps our Mental Health through the sensory circuits

Extracurricular

Sensory Circuits

I'm looking forward to continuing to develop the sensory circuits at The Orchards. I've introduced a progress form help aid children's development further and track their progress in addition to student feedback form.

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Sensory Circuit Progress Form

Class: _____ Child's Name: _____ Date: _____

Please assist and encourage the child to participate in and explore the activities of the sensory circuit - starting with Alerting activities, then Organising activities before finishing with Calming activities. More info overleaf.

Please tick the relevant section below:

Alerting Activity – running; skipping; trampette; throw and catch; ball bouncing	No engagement	Some engagement	Fully engaged with help	Engaged independently
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Organising Activity – climbing up, down, over; balance on a beam, walk on a beam, throw into a target	No engagement	Some engagement	Fully engaged with help	Engaged independently
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Calming Activity – sitting for calm massage; body sock; calming tent; ball squash	No engagement	Some engagement	Fully engaged with help	Engaged independently
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Please provide general comments on the child's progress in the box below:

Please circle how you feel the child responded in class this week following the sensory circuit:

Progress form to track weekly development

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Sensory Circuit Feedback Form

Class: W4 Child's Name: Mekhi Date: 28/3/23

Sensory circuits make me feel:

My favourite area of the sensory circuits is:

ALERTING

ORGANISING

CALMING

My favourite activities at sensory circuits are:

Running, Bouncing, Jumping, Throwing & Catching, Climbing, Balancing, Walking the ladders, Body sock, Bean bags, Stretching, Calming tent, Deep breathing

Further comments:

Mekhi's feedback form

Foundation

Sensory Circuit Feedback Form

Class: W4 Child's Name: Nathaniel Date: 28/3/23

Sensory circuits make me feel:

My favourite area of the sensory circuits is:

ALERTING

ORGANISING

CALMING

My favourite activities at sensory circuits are:

Running, Bouncing, Jumping, Throwing & Catching, Climbing, Balancing, Walking the ladders, Body sock, Bean bags, Stretching, Calming tent, Deep breathing

Further comments:

Nathaniel's feedback form

Extracurricular

Case Study - Daniel

It's been amazing to see Daniel's progression and confidence grow this term.

Daniel sometimes struggles transitioning to the hall for PE and sensory circuits and can be too anxious to engage in activities. With the sensory circuits being part of his daily routine, Daniel started getting used to his surroundings more, building up trust and understanding. Getting to know Daniel and learning he works better in calmer environments, he began to explore walking around the room, and now has confidence to climb, balance on beams, jump on a trampette and bounce on a gym ball.

It's great to see how far Daniel has come and to see him so happy engaging in more activities.



Daniel enjoying a bounce during Sensory Circuits

‘I have noticed some really big changes in some of the children who have been attending - they are calmer and more focused, more able to process language and one or two children are making developmental leaps in their education - I think this may be linked to Sensory Circuits. Over the time we have been coming to the sessions I have observed the following changes in the children:

- They are more confident, engaged and willing to try physical activities**
- They are beginning to respond to the routine of sensory circuits - able to predict and anticipate what to do**
- They are increasingly more able to attempt physical activities and over time with less support.**
 - The children trust and enjoy working with Ian**
 - The children's pride in their achievements is really obvious**
- Children are beginning to learn how to request some of the calming activities.’**

Ally Taylor – Riverside 1 Class Teacher

‘Regarding the sensory circuits we have noticed that when the children have been with you in the morning that they come to their phonics groups so much more ready to learn, calm and more engaged.’

Miss Best – Woodland 4 Teaching Assistant

‘Recently Reggie has started to join in with the morning sensory circuits. The circuits have made such an impact on Reggie that he actively asks for him and myself (mum) to get to school earlier than usual so he doesn’t miss any time there.

Both myself and his teacher have seen a happier mood and calmer response to learning after circuits.

The sensory circuits set Reggie up for the day and allow him to burn off excess energy and feel relaxed and ready to learn.

Reggie will tell everyone how excited he is for circuits in the morning, he even checks the windows and knocks and waves to Ian on the way past.’

Baillie, Student’s (Reggie) Mum

‘The session was brilliant for the student’s personal development, focusing on key life skills that will be beneficial for them going forward. Ian’s interaction with the students was excellent. All students were engaged throughout, working alongside their peers and support staff.

Ian shown great leadership and confidence throughout the session, assigning staff to pupils who needed guided support with the activity. Ian was professional throughout the sessions and set high standards, this led to all staff and students following suit. Support staff had a clear understanding of the session and targets, through Ian’s clear communication & direction.

Ian’s behaviour management was excellent throughout, controlling the group in an appropriate manner. Ian has a clear understanding of all students needs, taking this into context within the session. Ensuring all students can participant within the same session.’

Conor Muldoon – MU Foundation SEND School Coordinator

Extracurricular

Lunch Clubs

I've enjoyed introducing a regular lunch club timetable where I split my time equally each week across every playground. It's been brilliant engaging with the children during lunch and encouraging them to try new sports or activities which help develop both their physical and life skills. We've played a range of activities such as football, cricket, rugby, parachute games, running races, focussing on being physically active.



Mujtaba and Srija enjoying Cricket



Aria kicking a Football at the target



Anthony and Chrissy enjoying Basketball

Mentoring



Mentoring

Rocky

Alongside Rocky's behaviour plan we have one mentoring session together each week. I also spend time with him most mornings at sensory circuits.

It's been great building our relationship where I feel he trusts me. He's found a sport he loves in Cricket and is really excited for our session. We talk about highlights of his week, any behavioural incidents and why it happened, his feelings and the importance of right and wrong. I work closely with his class teacher regarding how we can help Rocky further and look forward to working with him again next term.



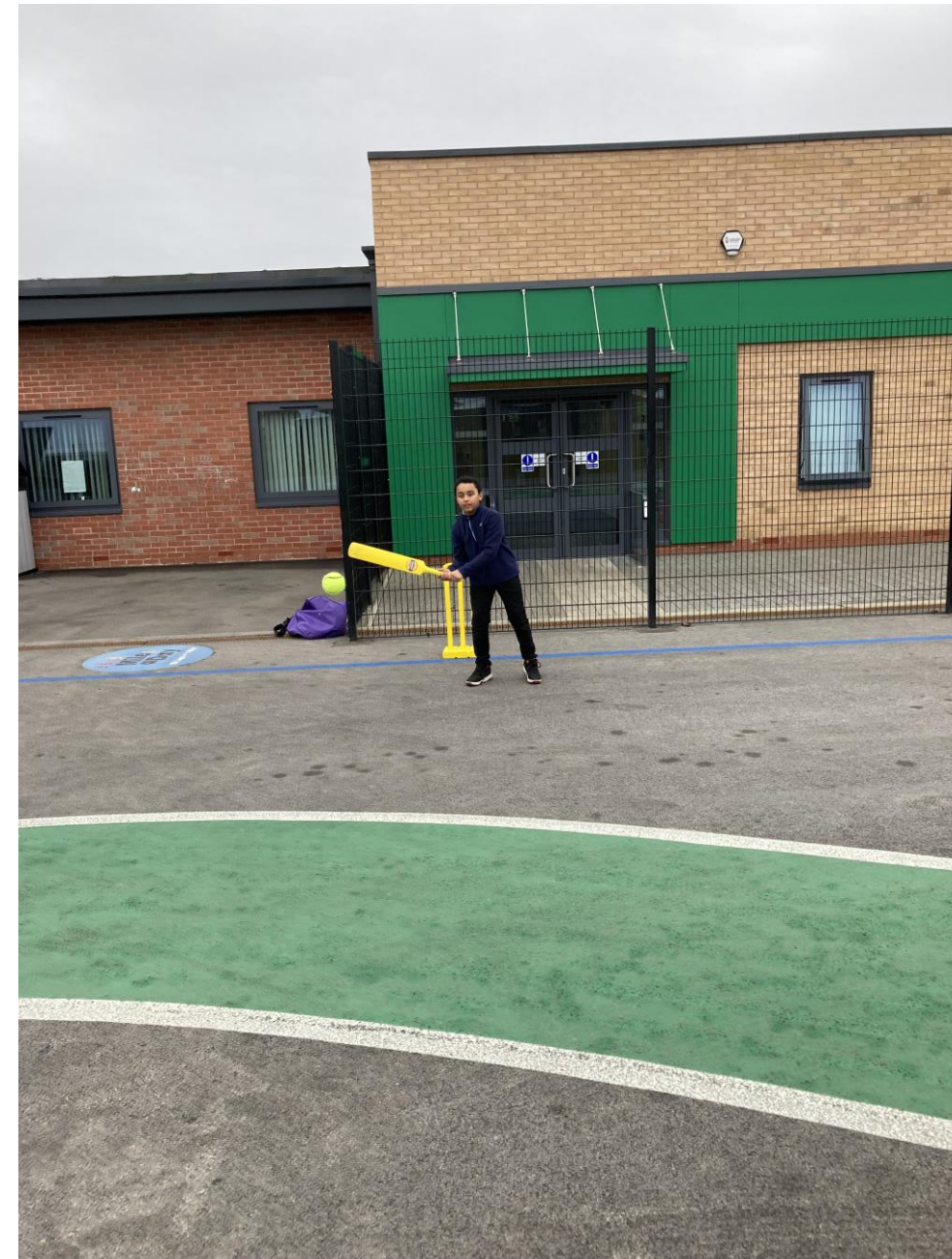
Rocky playing Cricket

Mentoring

Benji

I really enjoy mentoring Benji where we play different sports such as football and cricket. We talk about feelings and focus on how we can turn any negative energy into something positive, and it's great to see his mood change after exercise. I also encouraged Benji to take charge of a warm-up game during his class PE session which was great for his development and self confidence.

It's been great to show Benji how sport and exercise can have such a positive impact on our mental health. He often starts the session frustrated after maths but ends the session in a happy mood following some sport and exercise - whilst we've incorporated some maths during our activity!



Playing Cricket with Benji

‘You are always asking if you are doing enough or seeing if you could do something differently in the best interests of the children - this is fab as it means that by opening this door for communication you are likely to be learning as much as you can.

You are open to feedback and training which is always a great thing!’

Imogen BoSmith – Assistant Headteacher

MUFC Engagement



Foundation

Winter Support

Slow cookers, hats and scarves giveaway

It's been a real privilege to help support families at The Orchards this winter by giving away 13 slow cookers. Each child was also gifted a hat or scarf on behalf of the Manchester United Foundation, it was fantastic to see the smiles on the children's faces receiving them and enjoying wearing them across the school.



Srija loving her new hat and scarf set



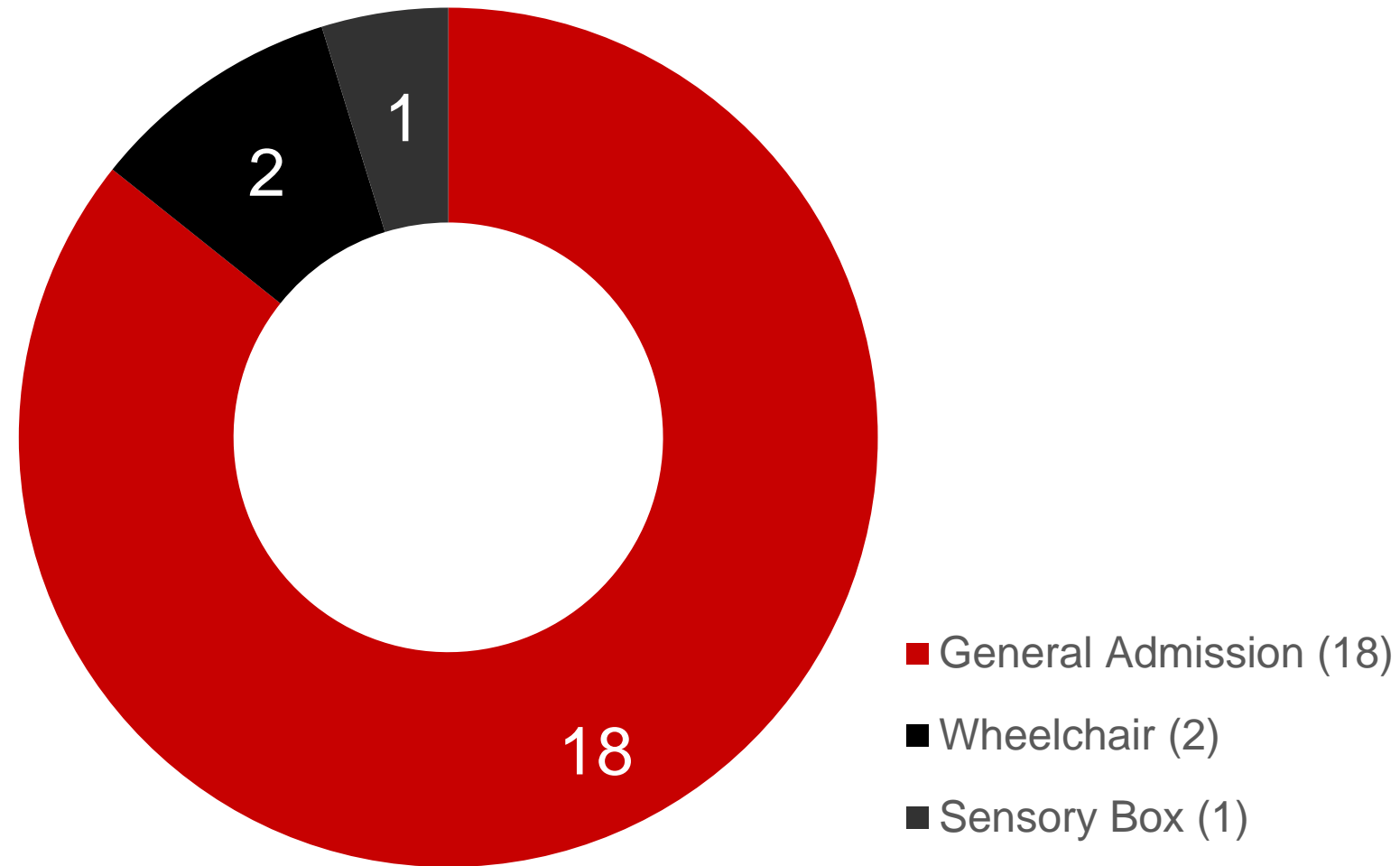
Oliver looking surprised with his new hat!



Lucas very happy with his new hat

MUFC Engagement

Match tickets



It's been brilliant to provide more families from The Orchards the opportunity to take their child to Manchester United matches at Old Trafford during this term.

For many of our students it has been their first match day experience and many families wouldn't have the opportunity to take their children without thanks to the Foundation.

It's great to see the children excited to attend the matches and to hear all about their experiences at Old Trafford in school the following day as well as feedback from their parents.

MUFC Engagement

Match tickets

It's very rewarding being able to provide families and students from The Orchards with Manchester United match day tickets, and brilliant to hear from the families and see photo's following their experience.



Laulak and his Dad outside Old Trafford



Tyler at the Barcelona match



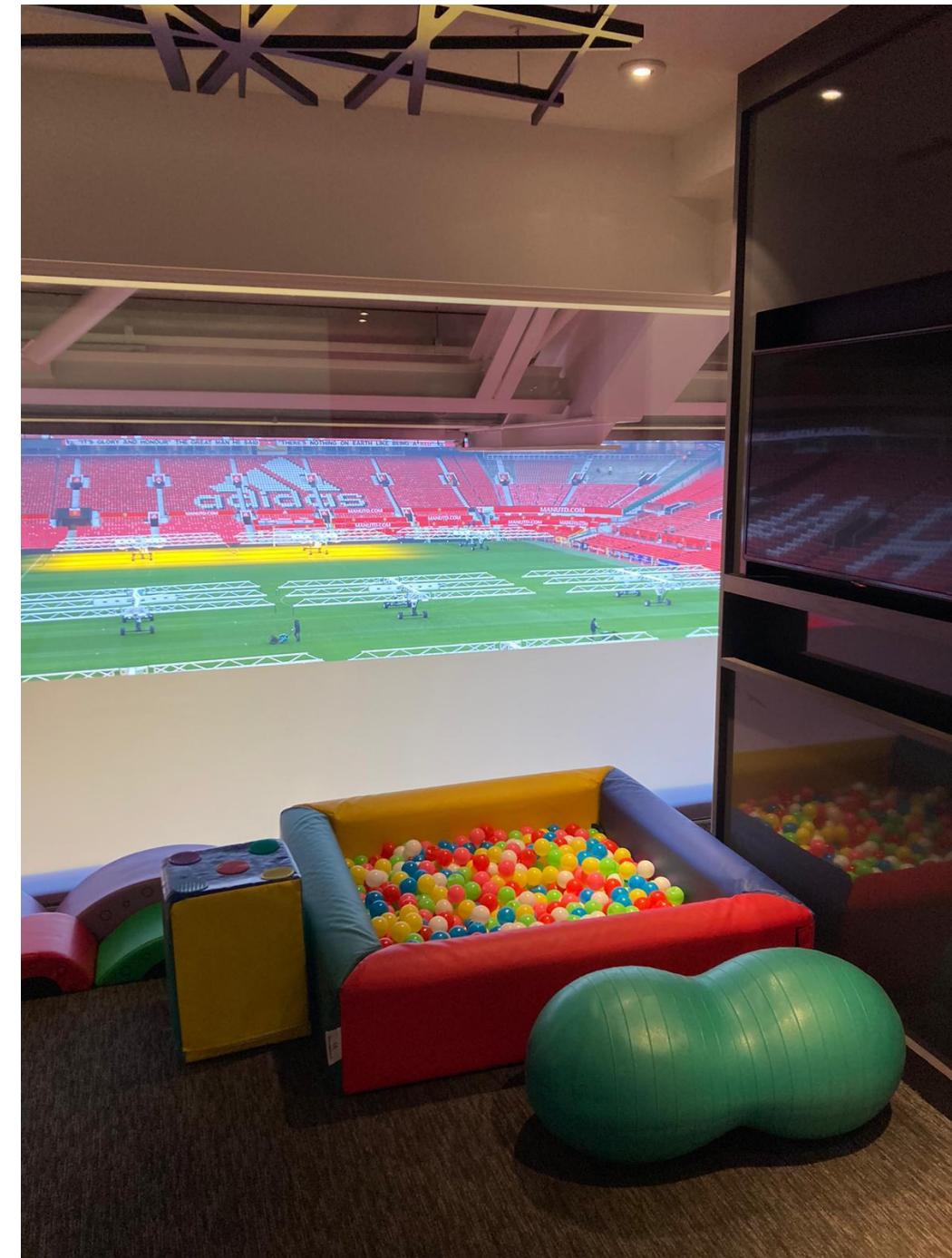
Yusuf enjoying the atmosphere inside Old Trafford

Sensory Box

Manchester United Women vs West Ham United Women

The inclusion team created a sensory room in a box for a match at Old Trafford. Students across our partner SEN schools had the opportunity to attend the match with a parent or carer. This created a safe and multisensory environment for students who would struggle attending match day surroundings through general admission tickets.

It was great to provide Suhayl from The Orchards and his Mum with this opportunity and fantastic to hear they enjoyed their experience.



Sensory Room

MUFC Engagement

Match tickets - Parent feedback

‘What a game Ian, we stayed the whole game this time Aaron really enjoyed it, he loves the stadium more than anything. Thanks again!’

Aaron King’s Dad

‘Thanks very much we really enjoyed it! It was a very good experience thanks to you for this great opportunity. It was his first match ever and my first time at Old Trafford’

Daniel’s Dad

‘Thanks Ian it’s his first football match he absolutely love it thank you once again.’

Yusuf’s Dad

‘He absolutely loved it! Thank you so much for the tickets.’

Tyler’s Mum

MUFC Engagement

Match tickets - Parent feedback

‘Thank you so much Demario loved it and they won as well!’

Demario’s Mum

‘Me and Nikita would like to say great thanks to you and MU Foundation for the fantastic evening! Nikita enjoyed the match and watched it all with pleasure. Thank you once again for this opportunity and support! Glory glory Man United!’

Nikita’s Dad

**‘With the tickets to the Ladies football game, one of the parents was unsure if their child would be able to go due to the surrounding and loud noise which unsettles their little boy but we're so happy that they had the opportunity to try out a new environment with your help thank you.
Thanks for all your hard work, Ian’**

Miss Best – Woodland 4 Teaching Assistant

Enrichment



Climbing Trip

Summit Up

Woodland 4 class had a fantastic experience at Summit Up climbing centre in Oldham. It was great to give the children this opportunity where they could develop their skills and take part in a new activity in a new environment. It was amazing to see the children adapt and settle into this environment so quickly and engage so well in the climbing activities alongside unfamiliar climbing centre staff members. They showed great climbing skills as well as confidence and bravery and they had an amazing time.



Nathaniel and Harvey climbing together



The whole group at summit up



Mekhi enjoying a challenging climb

Climbing Trip

Summit Up

After mastering the clip n climb walls, the children experienced a climbing swing. This was a surprise activity on the day and it was brilliant to see the children being brave and confident to try another new activity with unfamiliar staff, which enhanced their independence further. They showed great teamwork taking turns, waiting patiently and cheering each other on which was great to see. Their fun day was topped off with some time in the soft play area before returning to The Orchards.



Reggie was so excited to go first on the swing!



Big smiles for Harvey



Mason having a great time

Climbing Trip

Feedback

‘It was brilliant we really have had an amazing day and the children have made me so proud.’

Miss Best, Woodland 4 Teaching Assistant

‘That was amazing.’

Mason, Woodland 4 student after having a go on the swing

‘I like school trips!’

Harvey, Woodland 4 student

‘I had such a fun day today!’

Rehan, Woodland 4 student

‘How amazing was today!! I loved it they did incredible, so lovely to have all you guys helping and bringing these experiences in – it’s so important for them.’

Reggies Mum, who helped out on the school trip

'It gave them lots of confidence, even those who we thought may have struggled had a go. It was great to see how they encouraged each other with their climbing. They worked well as a team and showed pride in each other after they had accomplished something.'

The climbing centre staff were very accommodating and helped the children. The children were very engaged throughout the information briefing and the climb. It was clear that they felt safe throughout the day and followed the instructions from briefing well.

The climbing centre was fun and engaging. The colours made you want to have a go on everything. There was a great variety of walls - something for everyone.

It was a great day overall, adults and children had lots of fun.'

Miss Gardiner, Woodland 4 Class Teacher

Enrichment

Strike Day Activities

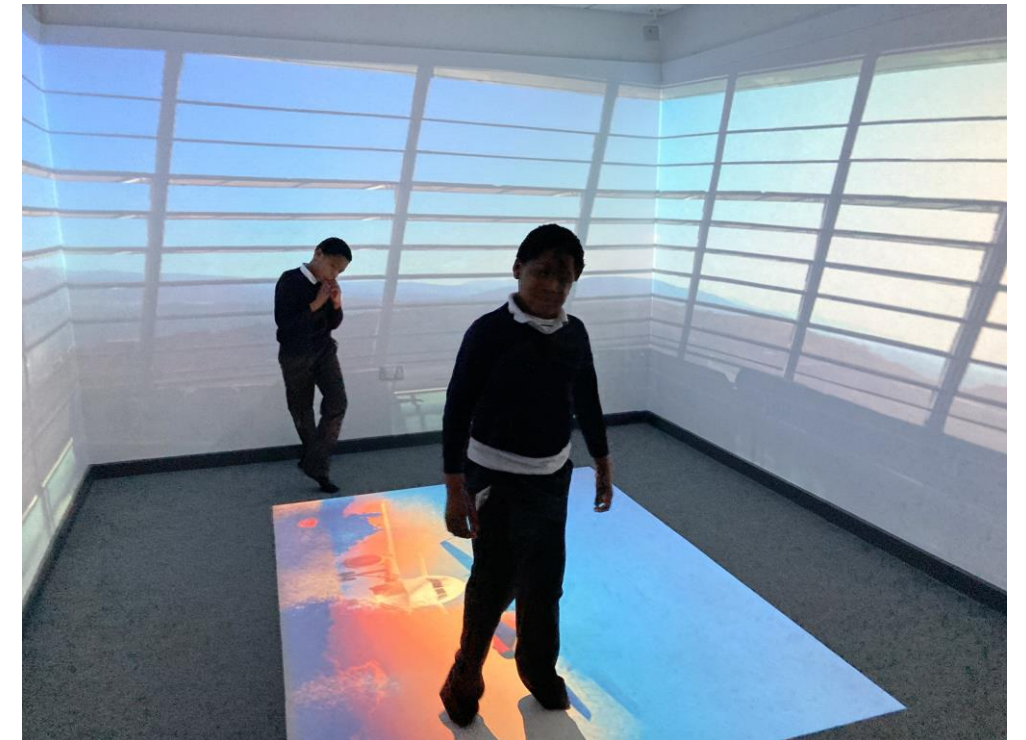
During the teachers strike days, The Orchards remained open to some children. I provided support by delivering multisport and sensory circuit sessions, immersive room support and litter picking around the school playgrounds. It was great to provide the children with various fun activities during these days which they engaged in and helped support them through a different kind of school day to normal.



Mekhi and Alexander enjoying activities in the hall



Alexander enjoying batting in Cricket



Immanuel and Covenant enjoying time in the Immersive Room

Enrichment

Stay and Play

This term I was involved in two stay and play sessions where parents were invited into the school to join in with their child's lesson and speak with the class teacher. Meadows 1 & 2 had their Gymnastics PE sessions as part of the stay and play where the children showed their parents their jumping, balancing and climbing skills.

It was great to meet their parents and show them the work we do with their children, and fantastic to see the parents engage and interact in the activities with their children.



Suhayl climbing during Gymnastics session

Enrichment

Children's Mental Health Week

As part of the children's mental health week, we focussed on how we feel during exercise through the different activities of the sensory circuit, highlighting the positive impact sport and exercise has on both our physical and mental health.

I also created a sensory circuits guide which was shared with the children's parents at The Orchards. The guide highlights the positive mental and physical benefits sport and exercise provides and encourages families to take part in familiar sensory circuit activities with their children at home.

Inclusive Reds guide to... Sensory Circuits.

This term at The Orchards, every morning we have put on a Sensory Circuit in the School Hall which is designed to help your children regulate and get ready to learn. The children attending the Sensory Circuits have loved it! They've really engaged in the activities which have also helped them learn and develop their fine and gross motor skills – whilst having lots of fun in the process!

This activity also has a really positive impact on your child's physical and mental health and promotes positive wellbeing. It's easy to do at home too, so we wanted to share this with you...

What is a Sensory Circuit and what are the benefits?

Sensory Circuits are short, snappy, fun sensory activities which help children regulate & prepare for their day. It helps children reach the level of alertness needed to concentrate. Sensory Circuits also encourage physical activity which improves physical fitness alongside developing fine and gross motor skills. They also have a positive impact on mental health & wellbeing for your child. A win-win!

What does a Sensory Circuit look like?

There are 3 stages to a sensory circuit; **Alerting** > **Organising** > **Calming**. You should start with **Alerting** activities before moving on to **Organising** and finishing with **Calming**. If your child doesn't do them in that order, don't worry! But try and finish with a **Calming** activity. Here's some examples:

Alerting activities: Jumping on the spot; jumping jacks; star jumps; march like a soldier; funny runs – run like an animal or your favourite superhero!

Organising activities: blowing or throwing a paper ball to a target; pass bean bag round leg & behind back; support child to climb up, down, over and under a chair; walk balancing an object on their head/shoulders

Calming activities: Lying under blankets; 'Hot-dogs' - roll child tightly in a blanket; press-ups; push against a wall; soft textured calming fidget toys; deep compression massage; yoga/breathing exercises (cosmic kids is great!)

How long does a Sensory Circuit last?

10-15 minutes. However, each child regulates differently so listen to your child, allow them to lead & spend more time if engaged in one activity more than another.

How can I set up a Sensory Circuit at home?

Sensory Circuits are fun, so find a safe space & join in with your child to encourage engagement! Work as a team completing the activities together, counting repetitions, set targets and celebrate achievements with your child. Also, don't be afraid to experiment and try different activities, feel free to adapt the activities to suit your child or let them take ownership to adapt & create with their own activities.

ENGAGE. INSPIRE. UNITE.

Sensory Circuits Guide shared with parents and carers of children at The Orchards



The Orchards
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The Orchards Hall - Sensory Circuit from right to left:
Alert – running, bouncing on trampette's > Organising - climbing, balancing & throwing into targets > Calming - crawling tunnels, calming tent, deep compression/ball squash.



Alerting



Organising



Calming



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Environment



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Environment

Litter picking around the school

I introduced litter picking across the school. It's encouraged the children to look around different parts of their school and take on responsibility and pride in keeping the school clean and tidy, as well as having a positive impact on their wellbeing. It's been great to see the children engage in a different and new activity and act as positive role models with younger children watching them litter pick and encouraging them to help out.



Rehan enjoying litter picking



Tyler and Abdullah proud of their full binbag after litter picking



Nikita litter picking in the playground

Environment

Litter picking in the park

It was great to take Woodland 6 litter picking to the local park. We walked to the park and practised road safety whilst increasing the children's physical activity. It was fantastic to see the children work together to help their local community where they were thanked by dog walkers in the park. The children also enjoyed playing in the play park area before returning to The Orchards. It was brilliant to provide the children with a new school experience which has also had a positive effect on their wellbeing.



Walking to the park



Jamahl litter picking around the park



Jamahl and Abdullah on the swings

Environment

Litter picking student feedback

'I like litter picking because...'

'It's satisfying and it helps the community.'

Benji, Woodland 6 student

'It helps the animals and helps the world.'

Demario, Woodland 6 student

'It helps the community and helps the environment.'

Abdullah, Woodland 6 student

‘You are always seeking out new and exciting places for the children to go in the community, places which they can show their best selves as you say!’

The children get so much out of these experiences and because you know the children so well you are able to choose places that you know they will be safe and have fun.’

Imogen BoSmith - Assistant Headteacher



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Thank you

For more information visit mufoundation.org