

BOWDEN LIFE



DECEMBER 2023

Help, I've lost my nose!

Can you help our snow twins? Olaf has lost his nose, and his brother Marshmallow is desperate to find it!

Olaf is always losing his nose, so you need to find as many carrot noses as you can, they are hidden throughout this edition of Bowden Life!



The first student to tell Mr. File the correct number of noses will be rewarded with 500 E-Praise Points!

Dear Families,

Being in, or working in education exposes us to two different calendars. These calendars give us two different 'new year' points, one in September for our school year and one in January for the calendar year.

New years are often and traditionally associated with change, resolutions and things that will be new. September this year marked a significant change for Bowden and for me personally. We said goodbye to Mr Sherwood and Mr Dunsdon in the summer, both of whom had been responsible for significant positive change throughout their time at the school. And there were other big changes over the summer, Miss Hayworth moved from her role within the care team to the education team, Mr Hopkins took on the responsibility of being our Head of Residential Provision, Ms Wells joined us as Deputy Headteacher and other members of the team took on new responsibilities within our different teams.

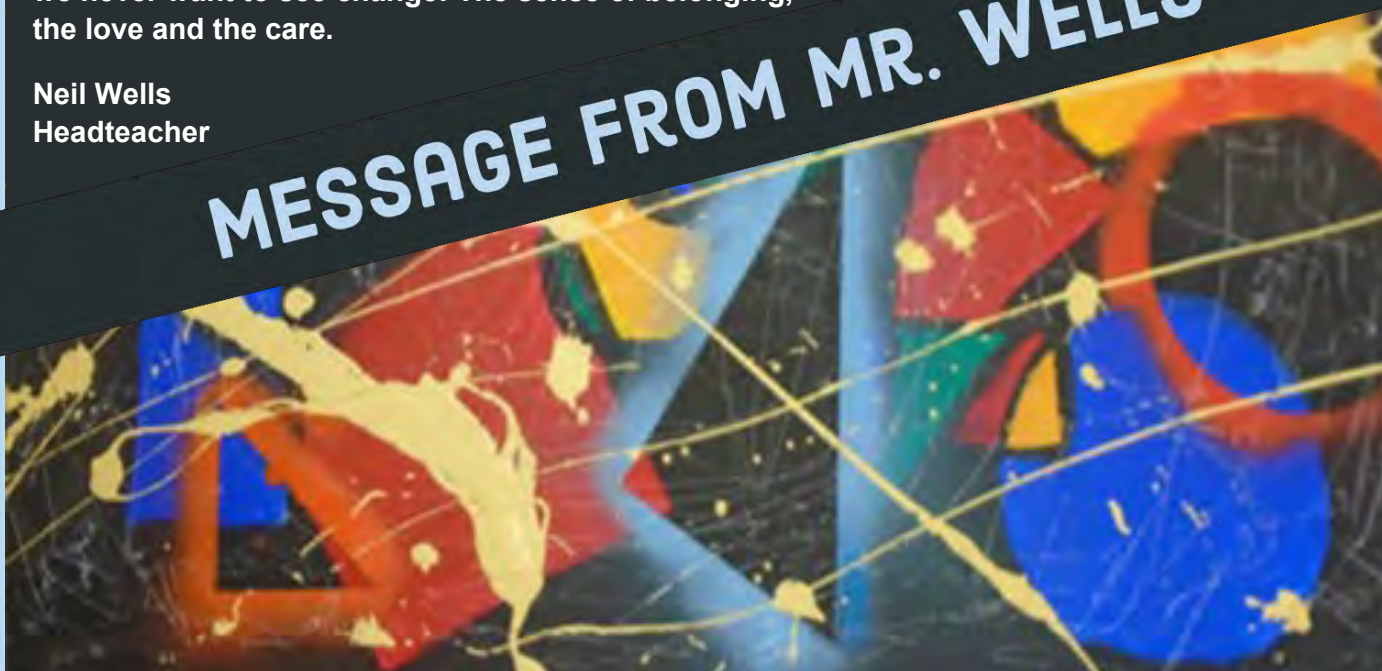
Change is a word that for some creates a sense of discomfort, I hear the phrase 'nobody likes change' often, but I do question whether people genuinely mean this. I wonder whether the idea of disliking the feeling of change and the sense of uncertainty that can come with it would be closer to the truth: With this in mind, since September we have set out to carefully manage this period of change. The team at Bowden have worked incredibly hard to maintain the culture, the ethos and the feeling of the school and its community that we are responsible for. The people, their roles, their responsibilities, their personalities: These may be different but the sense of belonging love and care within the school are the aspects we are committed to keeping the same.

You are also probably aware of OFSTED featuring heavily in the news lately, with many calling for changes to how schools are inspected and reported on. The reports from our recent inspections are due to be published shortly, perhaps even before this goes to print, sadly until that time I am unable to share the details or outcome with you. I can however share with you how proud I am of our students who demonstrated immense pride in their achievements, their progress and in the school that they attend. I can also share with you how proud I am to be part of a team of people that includes governors, admin, residential, premises, student support, domestic and education professionals, all of whom are responsible for creating the conditions and the environment for our young people to thrive.

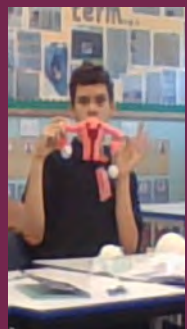
When we return to school in the new calendar year, many will have made resolutions, personal pledges to make changes - our resolution will be to continue to embrace change, to see it as an opportunity to move forwards whilst fiercely protecting those things we never want to see change: The sense of belonging, the love and the care.

Neil Wells
Headteacher

MESSAGE FROM MR. WELLS



RSHE & CITIZENSHIP



23/11/23

Several

Many conflicts may and do hold references to religion. This has been seen and notable throughout the history as conflicts between countries, and an example of this is shown in the recent conflict between Israel and Palestine. The conflict is divided between two separate groups with both majorities having a religion different from the other group, Israel being Jewish and Palestine being Islam. Before the conflict emerged, Palestine was made in order to give out the people as Jewish-Ligion in the land of Israel.

Another instance of conflict holding to religion can be seen within the conflict of Kashmir between India and Pakistan, India's majority being Hinduism/Sikhism and Pakistan's majority being Islam. The conflict was a race and a little bit of control over Kashmir in order to gain more power and spread religious influence.

an incredible answer, written independently, well done!

mastered 9/12

P.E.E.
(Point Evidence Explain)

P.E.E stands for:

- Point - Make a point.
- Evidence - Find evidence from the text to back up your point.
- Explanation - Explain how the evidence proves your point.

So if you're answering a question, state your point, back it up with a piece of evidence and then explain it.

10-10-23, S14-8

Jobs

Draw lines to match the image to the correct word.

police officer
firefighter
athlete
builder
mechanic
author

Fill in the gaps using the words from the box.

teacher dentist plumber hairdresser

A ~~teacher~~ helps children to learn new things.

Most people go to see a hairdresser every month for a trim.

If your kitchen tap isn't working or a pipe bursts, you can call a plumber to help.

Every six months or so, it is important to visit a dentist to check that your teeth are healthy.

Now choose three jobs and write your own sentences about them.

author so author make kids happy.

builder

mechanic to fix cars.

builder to build and fix stuff.

***** Create sentences to show how you use - remember full stop at the end of the sentence.

This term in RSHE and Citizenship, students have focused on the topics of 'Self-Awareness, Identity and Managing Feelings' and 'The World I live In'. Some key words this term:

- | | | | | | |
|-----------|----------------|-----------|------------|--------|--------------|
| Diversity | Discrimination | Community | Fairness | Skills | Transphobia |
| Interests | Sexism | Racism | Homophobia | Ageism | Human rights |

The Bobcats have discussed their likes and dislikes, jobs that exist for when they are older, communities they are part of, differences between people and groups, discrimination and the importance of diversity and human rights.

The Lions have looked at jobs they might like to do when they are older and have started to plan a CV. They have also reviewed their previous knowledge of communities, diversity, discrimination and human rights, relating this to the rights of refugees from Gaza.

The Cougars and Pumas have identified their skills and what jobs they might be interested in and have also started to plan a CV. They learnt about what makes up different types of identity and have gone on to read about different religions, as well as conflicts around the world that have related to religion. They have shown great maturity when discussing current events in Israel and Palestine.

The Tigers and Lynx began the year by discussing their skills and aspirations for the future, before working hard towards topics for GCSE Citizenship. They have learnt about different types of identity and factors affecting these, the difference between stereotyping and identity, how world religions are similar and different and how this has related to conflict. They have also applied this knowledge to the topic of migration, learning the difference between immigration and emigration and some of the reasons for migration.

Next term we will be learning about the topic of 'Changing and Growing / Relationships'. If your child has any questions at home and you would like to discuss this with school, you are welcome to contact Ms Bastock. There are also useful links on the school's website. The following information is from a website called 'Outspoken Sex Ed' and breaks down Relationships and Sex Education into age-appropriate categories, so you can see the types of things your child might ask about:

AGES 3-6

Relationships

Who is in my family?
What do I like about my friend?

My body

What do we call the different parts of girls' and boys' bodies?

Life cycles

Where do babies come from?

Keeping safe and looking after myself

Which parts of my body are private?

How can I say no if I don't want someone to touch me?

People who can help me

Who can I ask if I need help to know something or if I am worried?

AGES 7-8

Relationships

How can I be a good friend?
What makes me feel good, and bad?
How do I know how others are feeling?

My body

Why is my body changing?
Why are some children growing more quickly?

Life cycles

Why does having a baby need a female and a male?

Keeping safe and looking after myself

What are good habits for looking after my growing body?

When is it good or bad to keep secrets?

People who can help me

Where can I get information about growing up?
Who can I talk to if I feel anxious or unhappy?

AGES 9-10

Relationships

What is love? How can we show it?
Is it OK for people of the same sex to love each other?

My body

Is my body normal? What is puberty?
What kind of feelings come with it?

Life cycles

What is sex? What does a new baby need to be happy and healthy?

Keeping safe and looking after myself

How can I look after my body through puberty?

People who can help me

Where can I find information about puberty and sex? Who can I talk to if I want help advice about growing up? Or if I feel anxious or unhappy?

AGES 11-13

Relationships

What makes a relationship happy or unhappy?
How will I know if I am in love? Do you have to have sex to show someone you love them?

My body

Am I normal? Should we all look like pictures in the media? Why do boys get erections?

Life cycles

What is sex? What does a new baby need to be happy and healthy?

Keeping safe and looking after myself

What is safer sex? What are the different methods of contraception? What's HIV and Aids and how do you get them?

People who can help me

Can I see a nurse or doctor in private? Which are the best websites for help and advice on sex and relationships?

AGES 14-16

Relationships

What's the best way to resist pressure from friends or a partner to do things I don't want to do? Is porn real?

Feelings and attitudes

How does how I feel about my body affect my self-esteem and my relationships? What's it like to come out as lesbian/gay/bisexual/ transgender (LGBT+)?
What do different cultures and religions believe about sex and relationships?

Keeping safe and looking after my sexual health

Who should be responsible for contraception?
How do I use a condom and will it affect sexual performance? What are the laws on sexual offences?

Sources of help and advice

What are my rights as a young person to information, sexual health and confidentiality? If a woman gets pregnant, what choices does she have?

OUTSPOKEN
Sex Ed



YOGA

Yoga club has been popular this term with many boys coming after school on Thursdays to practise with Jane. If you haven't already tried it why not come along next term?

Yoga can help to:

- Develop your strength, balance and flexibility
- Help reduce your anxiety and stress
- Help you to control your emotions and behaviour
- Improve your academic performance?



TOPIC



In Topic this term the students have covered a variety of subjects and shown amazing knowledge and application to them all! In Geography we have been broadening our horizons by reaffirming our knowledge of: countries in the UK, continents, oceans, understanding of climates in relation to the equator, and we have also begun to recognise the difference between physical geography and human geography.

In History we have looked at key events and tales that shaped why people celebrate events today, such as: Bonfire night, Remembrance Day, and Jack O' Lanterns on Halloween. We have sparked an interest in life in the 17th century by researching the Gunpowder Plot and The Great Fire of London. We also delved into current news and researched how previous views and knowledge has changed and therefore altered laws and opinions over time.

SPEECH & LANGUAGE



Every week we have an oracy target to develop speech, language and communication skills throughout the day. The targets range from "Demonstrate Good Listening" to "Infer meaning from what is not explicitly said" and "Give a Presentation to the Group".

When we demonstrate the targeted skills we are given an oracy sticker to put on our reward card. The students with the most stickers at the end of this term were Josh R and Matthew. They went with Jane for a reward trip to Pizza Pilgrims in Brighton.



INTRODUCING.....

OUR EDUCATION AND ADMINISTRATION TEAMS



Mr. Wells
Headteacher



Miss. Wells
Deputy Head
Head of Education



Ms. Haworth
Head of Student
Welfare



Miss .TVT
Assistant Head
SENCO



Ms. Bastock
Assistant Head



Esme
Families
Coordinator



Miss. Harvey
Mental Health
Specialist



Mr. Sorrell
School Business
Manager



Jane
Speech & Language
Therapist



Suzy
PA to the
Headteacher



Rebecca
Administrator



Mr. Das
Teacher



Miss. Scott
Teacher



Mr. Pile
Teacher



Miss. Tuppen
Teacher



Mr. Frake
Teacher



Miss. Turner
Teacher



Ms. Hayden
Teacher



Miss. Grace
Teacher



Mr. Childerley
Teacher



Mr. McMannus
Teacher



Mr. Murdoch
Teacher



Mr. File
Teacher



Miss. Carey
Lead Assistant
Teacher



Miss. Wall
HL Assistant
Teacher



Miss. Reilly
HL Assistant
Teacher



Miss. Martin
Assistant
Teacher



Mr. Jarvis
Assistant
Teacher



BOWDEN PRIMARY



Miss. Tytgat
Head of School



Miss. Andreou
Teacher



Miss. Bancey
Teacher



Mr. Newling
Head of Primary
Student Welfare



Mr. Cunningham
HL Assistant
Teacher



Miss. Lee
HL Assistant
Teacher



Mr. Keating
HL Assistant
Teacher



INTRODUCING.....

OUR RESIDENTIAL CARE TEAM



Mr. Hopkins
Head of Residential Provision



Mr. Pullinger
Senior Houseparent



Mr. Whitmore
Senior Houseparent



Mr. Boxall
Houseparent Group Leader



Mr. Roe
Houseparent Group Leader



Ms. Felming
Houseparent



Ms. Watts
Houseparent



Mr. Hayward
Houseparent



Miss. Banton
Houseparent



Miss. Franks
Senior Care Support Worker



Mr. Head
Care Support Worker



Miss. West
Care Support Worker



Miss. Woods
Care Support Worker



Miss. Maybank
Care Support Worker



Mr. Hayden
Care Support Worker



Mr. Siddall
Care Support Worker



Mr. R. Cummins
Activity Support Worker



INTRODUCING.....

OUR CATERING, PREMISES & DOMESTIC TEAM



S. Curtis
Kitchen Manager



T. Lambert
Kitchen Manger



S. Hassell
Premises Manager



R. Avenell
Premises Team



M. Curtis
Domestic Team Manager



J. Hassell
Housekeeper



D. Fisher
Domestic Staff



K. Tobin
Domestic Staff



M. Coombs
Domestic staff



T. Wakelin
Domestic Staff



C. Sorrell
Domestic Staff



S. Sharp
Domestic Staff



D. Killick
Domestic Staff

LIME

Lime Group have enjoyed many activities this Term including laser tag in the school grounds, a Halloween party, a ghost walk along with the usual Group activities of football, console games, swimming and bowling.

A few weeks back we were joined by Phil from 'Jaws n Claws'. Lime group were joined by some of our post 16 students and Phil brought in an array of animals from all across the globe, to meet our young men.

The lads asked some fantastic questions and showed great enthusiasm about meeting these exotic animals. As ever, Phil said how much he enjoyed coming to Bowden and sharing his passion with our students, commenting that it is one of his favourite places to come to because, "the lads are always so welcoming, enthusiastic and fun to be around."

Team Lime wish you all a very merry and restful Christmas.

Lime x.

RESIDENTIAL LIFE....





BOWDEN PRIMARY

This term has been one of many firsts for us here at Bowden Primary. The first time we've had two classes, and most importantly the first time we welcomed 5 new pupils into our school (and said 'welcome back' to our only remaining pupil, Akeem). We are now two classes of 3! We've come a long way from when we first opened, and it is joyful to see our school filling up with what schools were made for – pupils! All 6 boys have settled in to Bowden life well, and this has been reflected in the lessons they have taken part in, and the progress they've made.

In Sapphire, the boys are now taking part in daily phonics session and doing short bursts of writing in their English books which is brilliant to see! Maths has been a mix of practical and written work focused on place value, and most recently shape. Our most recent topic 'Master of Puppets' has really piqued the boys' interest and they have spent time making skeleton marionette puppets. Their dedication to a longer-term project has been very impressive to see!

Over in Ruby, the older boys have been just as busy. The boys have settled into Bowden life really well. This term they have enjoyed celebrating black history month by making their own tie dye t-shirts and learning the art of Batik. During English lessons the boys have learnt how to write lots of different types of poems and have produced their own anthologies and are now in the process of writing their own stories, using Pinocchio as their basis. Cookery has proven to be a hit in Ruby - Watch out Gordon Ramsay! Being active is something the boys love and they have enjoyed biking at urban adventures and being young volunteers at Stepney City Farm.



ENGLISH



This term, the English Department has been busy busy busy! Winter is coming...and the dark nights are drawing in... but this has done nothing to dampen students' enthusiasm for new stories, characters and themes.

It has been a pleasure to welcome new students to the Bungalow Bobcats! Whilst forging new and productive learning relationships, we have enjoyed reading Patrick Ness' "A Monster Calls", designing our own monsters and flexing our creative writing skills.

Elsewhere in KS3, students have been reading "Ghost Boy," "The Curious Incident of the Dog in the Nighttime" and "Now is the Time for Running." These novels have inspired impressive discussions amongst students about challenging topics.

The young men in Years 10 and 11 have been immersed in 19th Century literature and non-fiction texts this term. The Tigers are reading the pure, unabridged version of Frankenstein and using its language and contextual links to write some incredibly high-quality GCSE level analytical responses. This is no mean feat. The Lynxes have been learning how to compare texts by looking at 19th century newspaper articles about Jack the Ripper with more modern writing about the Yorkshire Ripper.

To complement this excellent work, some students enjoyed a trip to the London Dungeon to learn about 500 years' worth of London's history and give further background to the texts they have been studying. This was an experience that was both entertaining and terrifying!

A special mention must go out to all the young men who have been working in 1-2-1 sessions on their reading skills. We are immensely proud of your efforts and we are starting to see the results, so keep at it!

Looking forward to seeing you all in the New Year –

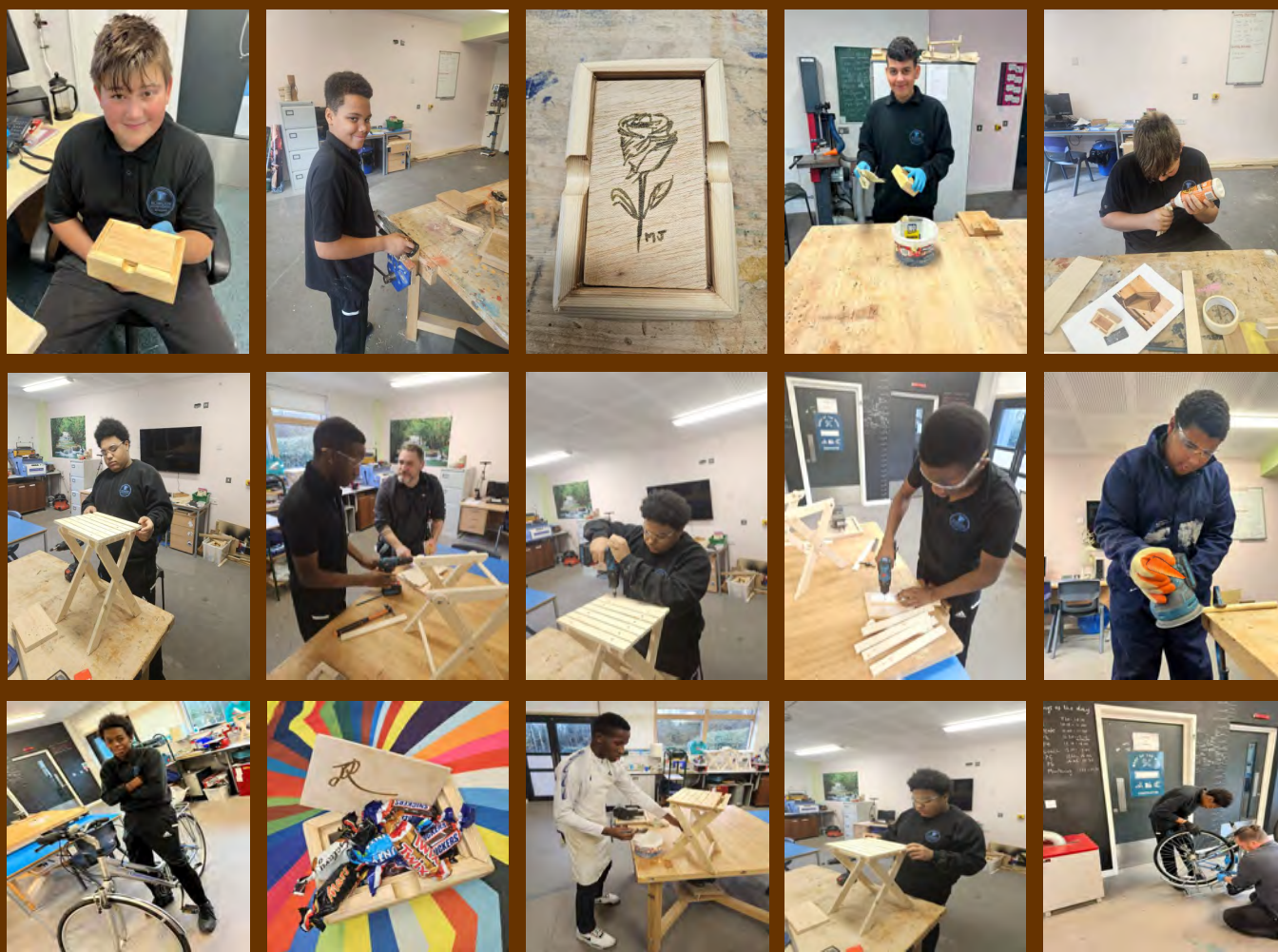
Best wishes always.

ACE, ADVENTURE & SPORT



The term on ACE, the staffing team has been smaller than usual, but the boys have adapted brilliantly and embodied the 'We Not Me' ethos that we all embrace. We have transitioned into our autumn curriculum, comprising of activities such as campfire cooking, climbing, orienteering, and even archery! The ACE team have seen wonderful examples of teamwork, leadership, problem solving, and resilience throughout the boys. It has been a real pleasure and we look forward to more adventure in the new year!

CONSTRUCTION



Construction is back on the timetable, and the boys have been engaging brilliantly with their projects.

The KS3 students have been undertaking a trinket box where they have been learning about, Health & Safety, measuring and cutting, use of the hand tools and woodwork machinery. They have been completing tasks independently and they have managed to achieve a good 'fit and finish' on the mitre joint on the corner of their boxes.

Some of the students have used scorch markers to add personalised details to the recessed lid of their boxes. They have researched suitable finishes to apply to their products to enhance and protect their boxes. Most have opted for a Danish oil finish as it is a swift way to add a durable and satisfying finish to the softwood trinket box. Students who have completed their boxes have moved on to a fishing stool project, brick laying and some personalised projects. We look forward to sharing these outcomes with everyone in the next edition of the 'Bowden Life' magazine.

The KS4 Students have been making fishing stools, refinishing workbenches, brick laying and painting and decorating. The workshop has benefitted from student led and active participation throughout this make over. The quality of finish achieved on the walls is truly impressive, the level of engagement and pride in their work has been wonderful to witness this term.

Some students have been undertaking bike maintenance with a view to put unloved bikes back on the road. It is so rewarding to see the boys being hands on and developing life skills whilst working so effectively on these group tasks. We have big plans on the horizon and the students will be undertaking BBQ's, woodfired pizza oven and outdoor furniture in the spring. It has been a term filled with so many positives and the students can be really proud of their achievements this term.

On a personal note, I want to take this opportunity to thank the students for making me feel welcome, for their hard work and for embracing change.



Merry
Christmas

AND HAPPY



ry tmas

NEW YEAR



PURPLE

This term in Purple Group the boys have enjoyed a vast range of activities to get through the horrible weather we've been having. The boys have taken part in their weekly swimming sessions at the Triangle, showing their dedication to their football and playing out in wind, rain and snow!

They've also been on some great trips to see 'Shrek the Musical' and watched London Lions at the Copper Box alongside our seasonal ice-skating trips in Worthing, raceways 'electrical toy car racing, Laser Quest, several cinema trips to watch "The Marvels" and "Hunger Games", the fan favourite Jumpin inflatable park of course and many more.

The Purple boys have been doing us proud out in the community at their after-school clubs and have been taking part in football training in Newhaven Town. Jonathan is now attending explorers and Joshua is still attending scouts.

We have thoroughly enjoyed this term and we wish the boys a wonderful Christmas Break and a Happy New Year!

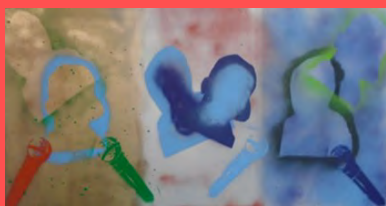
We can't wait to see what fun brings us coming into 2024

Purple x

RESIDENTIAL LIFE....



ART & DESIGN



“Art washes away from the soul the dust of everyday life.” – Pablo Picasso

School can be a busy place with people coming and going, mostly peaceful but sometimes a little stressful or anxious, but then we have the Art room! A place for calm creativity, for reflection on the world around us and an opportunity to express ourselves and our personalities through art and design.

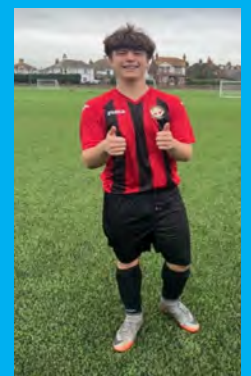
This term all the students have embraced all the art and design mediums presented to them and made great progress. Some of our newer students have brought new ideas to life on paper and in clay, whilst our older students are adding great pieces to their GCSE Portfolios - a wonderful term, well done everyone!

PHYSICAL EDUCATION

This term at Bowden House School in PE students have taken part in football, basketball, badminton and volleyball. Alongside this students have focused on team building exercises and competitive fixtures against other schools. In football 'passing and moving' has been a huge focus for the students this term and these skills have been used in a variety of sports, to help them to understand that such skills are transferable. They are looking at, and experimenting with a range of techniques that highlight similarities and differences.

Students are aiming to achieve a range of SI's this half-term based on 'catching and throwing'. All the learning is differentiated to allow students the maximum opportunity to achieve.

In Key Stage 4 the students are working towards their GCSE examination focusing on components of fitness, the respiratory system and injury prevention in sport. Students will aim to achieve a range of SI's in this aspect of the course. To support their understanding our GCSE students have the opportunity to use these various methods in their after school clubs and activities.



CHALLENGE 2024 THE YEAR FOR CHANGE

24 challenges, changes or differences leading to a healthier lifestyle and improved wellbeing



Zzzz



24ⁱⁿ Twenty Four

BLUE This term in Blue group we have enjoyed wide range of activities. Kicking off with a group trip to 'Jumpin', where great teamwork was show and memories made. This was followed up by an unforgettable trip to the worlds raceway in Brighton, where the students of Blue showed their competitive edge in a battle to take home 1st place.

Halloween was a fun time for the students. All took part in an apple bobbing competition and a sweet treasure hunt, but their most enjoyable moment of the celebration was when they got to wrap staff in layers of toilet roll for our mummy challenge!

As the cold weather has fallen upon us, Blue students took to the Ice at the Steyne gardens ice rink in Worthing, showing some amazing talent as they enjoyed an hour gliding (and bumping) around the ice. Next up was a trip to the Copper Box Arena to watch the London Lions take on the Newcastle Eagles in a thrilling basketball encounter, which unfortunately ended in defeat for the Lions, but certainly one that made for a great atmosphere that captivated students and staff alike.

We wish all of Blue group a great festive break and look forward to making more memories to last a lifetime in 2024.

Team Blue x.

RESIDENTIAL LIFE....



Bowden @



Christmas



FOOD TECHNOLOGY

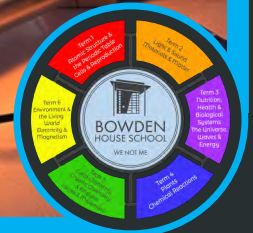


This term the Food Tech Kitchen has been an example of how hard work and creativity can produce amazing results. Students were given the opportunity to create their own masterpieces for Halloween and Christmas, with many coming back during break times or after school to complete them. We had bright orange chocolate ice cream pumpkins, ghoulish cakes with bloodshot eyes and severed hands, chocolate Christmas tree sponges and beautiful snowy Christmas cakes.

All of the students have been very enthusiastic and many have tried recipes they have never made before. This readiness to try new things is wonderful to see, and a great demonstration of how the students knowledge and confidence is increasing.

Well done everyone.

SCIENCE



This term in science we have been learning about sound and light, and chemical reactions. We have used mirrors and ray boxes, prisms and glass blocks to refract, reflect and disperse light in all directions.

In chemistry we have been investigating what a chemical reaction is and how we can speed up a chemical reaction. I have also had the pleasure of taking the Bobcats to Raystede animal sanctuary where they worked together to help weigh and measure the tortoises ready for their long winter nap and made hay nets for the ponies.

The Tigers, Pumas and Lynx have all been working hard achieving stage 10 and 11 success indicators, which they should feel very proud of.

STUDENT VOICE

If you thought that our school was run by the adults alone...you'd be wrong...sometimes the youngest are the wisest! Our School Council, Food and Anti-Bullying committees offer our boys three opportunities to become involved in influencing key decisions about how our community is run. All the committees have met this term and we will report their thoughts, suggestions and ideas in the next edition of Bowden Life



MATHEMATICS



As we approach the end of the Christmas term, we wanted to take a moment to reflect on progress made in our Maths classes this term.

This term, our students have delved into the fascinating world of numbers and problem-solving. From mastering basic operations to exploring complex fractions, decimals and percentages, our students have shown great dedication and enthusiasm in their mathematical journey this term.

We have witnessed their hard work and perseverance in their mathematical skills and understanding.

In addition to academic achievements, our students have also developed essential problem-solving and critical thinking skills which they can use in later life.

As we look forward to the next term, we encourage our students to continue their mathematical journey with the same enthusiasm and determination. We will be introducing exciting new topics and engaging activities to further enhance their mathematical abilities.

Similarly, next term holds an exciting trip for some of our students to Maths Live! @ Disneyland, Paris. By the time this instalment of Bowden Live reaches you, it will have been announced who is attending! A huge well done if this is you and I just wish there could have been more spaces so we could of taken more of you!

Finally, we would like to wish you all a joyful and restful Christmas. May this break provide an opportunity for our students to recharge and return with renewed energy and enthusiasm for the challenges that lie ahead.

Thank you for your continued support and partnership in your child's mathematical education. We are excited to continue this journey together in the upcoming term.

BUNGALOW

It has been lovely to welcome our new students into the Bungalow as they have begun their learning journey at Bowden, all students have engaged well with our daily check in and are enjoying their new learning environment.

Great learning has taken place this term, during English lessons they have been reading 'A Monster Calls'. In maths they have been adding and subtracting fractions and decimals and enjoyed learning about Sound and light in Science.

Golden time has been great fun, the boys have enjoyed the use of the Bungalow courtyard, playing football basketball and Swingball.

The boys had a successful trip to Raystede Animal Centre where they got to weigh the Tortoises and enjoyed gathering hay for the horses.



College & Careers



MET
Greater Brighton
Metropolitan
College

Currently we have 4 students on 14-16 college placements at Brighton MET, studying sport, construction and catering.

Bradley is on the catering course and he is cooking up some delicious treats each week. He brings them back to school to share with students and staff. Bret is doing construction since September. He is accessing a variety of skills, including carpentry, tiling and painting to name a few. Louie and Jarid started a sports course at the end of October and they have fitted in really well. They are doing a combination of practical and theory.

Starting on a 14-16 programme is very beneficial, it allows the students to become more independent, make new friends and experience college life early. This will help with the transition from school to college.

I receive regular feedback from the college and it is always very positive. The students work independently, they mix well with others and they are pleasant and polite, a real credit to themselves and the school.

HELP & SUPPORT

Please see below for details of help and support services. Sometimes we may need help, support or guidance from a range of services or professionals. If you do need support and are not quite sure where to go or who to ask, the services below may be able to help. If you are unsure please contact us at school and we may be able to advise or direct you to the appropriate support.

Drinkaware

www.drinkaware.co.uk

UK charity with information about alcohol and effects

NHS Choices

www.nhs.uk

Factual information about lots of medical conditions.
111 is a helpline to speak to a medical professional

Family Planning Association (FPA)

www.fpa.org.uk

Information about sexual health and contraception

Shelter

www.shelter.org.uk

Advice about homelessness and housing issues. Phoneline
0808 800 4444.

Frank

www.talktofrank.com

Confidential advice about drugs. Phoneline open 24 hours
0800 776 600

TheSite

www.thesite.org

Online guide for 16-25 years olds. Support for everything
from exam and exam stress to debt and drugs

Get Connected

www.getconnected.org.uk

Helpline for lots of different problems

BeatBullying

www.beatbullying.org

Help and support from other young people if you are
being bullied

Childline

www.childline.org.uk

Private and confidential support for young people up to
age 19. Phoneline 0800 1111

CALM

<https://www.thecalmzone.net/>

Campaign against living miserably gives support to prevent
male suicide. Anonymous and confidential.
Phoneline 0800 58 58 58

The Hideout

www.thehideout.org.uk

Help to understand more about
domestic abuse

EACH

<https://each.education/>

Each is a charity for people affected by
homophobia and transphobia

CEOP

www.thinkuknow.co.uk

The Child Exploitation and Online Protection Centre - help for
young people who have been made to take part in sexual activity

Samaritans

<https://www.samaritans.org/>

The Samaritans have people you can speak to to talk
about any problems you want to discuss. Phoneline 116 123

UK Safer Internet Centre

<https://saferinternet.org.uk/>

Help and advice to stay safe online

Crimestoppers

<https://crimestoppers-uk.org/>

You can anonymously report a crime online or by phone
0800 555 111.

The Christmas Break is from
Monday 18th December 2023 - Monday 1st January 2024

Students will return on Tuesday 2nd January 2024

London students will be collected from
Southern Grove at approximately 11.00am

Local students and out of borough taxi students
are required to arrive at school at 1.00pm

All details of return pick up times / transport will be
communicated via School Ping and by phone call or letter.



KEY DATES AND NUMBERS

Main Office - 01323 893138
8.30am - 4.45pm Monday
Thursday / 8.30am - 4.00pm Friday

Evening Care Contact Numbers

Seniors Emergency Contact - 01323 875209
Lime Group – 01323 875202 / 875205 (Evenings only)
Purple – 01323 875201 / 875207 (Evenings only)
Blue – 01323 875204 / 875208 (Evenings only)
Post 16 - 01323 875206 (Evenings only)

****Please note you will hear an engaged tone if these phones are in use****

Escort Contacts

Escort phones are on Monday's 6am-9am / Friday's 12pm- 3.30pm

Escort Mobile Numbers: 07395 832999 or 07850 773780 or 07803 147443

Email Contacts

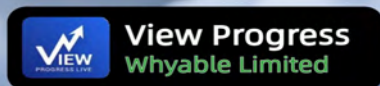
Main Office - office@bowdenhouse.towerhamlets.sch.uk

Student and Family Co-ordinator - eanderton@bowdenhouse.towerhamlets.sch.uk

It's Live LIVE!



Student success at your fingertips!



BOWDEN HOUSE SCHOOL
FIRLE ROAD SEAFORD EAST SUSSEX, BN25 2JB
WWW.BOWDENHOUSE.SCHOOL 01323 893138
ADMIN@BOWDENHOUSE.TOWERHAMLETS.SCH.UK