



# BATTLE NEWSLETTER

## December 2023

## Head Teacher's Christmas Wishes

**It has been a very busy two terms at ISP School, Battle, as we continue to welcome new school adults and children to our community.**

We have achieved so much in this short time including gaining an Attachment and Trauma Sensitive Schools Award at Bronze level, which I am absolutely delighted about. All our adults are now trained in Developmental Trauma through Beacon House. Across the rest of this academic year we will be working on gaining silver with this award.

We have had a monitoring visit from East Sussex iSEND which re-affirmed how our curriculum has been developing, our triangulated approach to tracking learning outcomes for our children was very well received and our ethos resonated throughout the process.

As you read through our newsletter you will see our adults and children having fun with learning in many different ways from working with the Brighton and Hove foundation to Charity fund raising.

I would like to take a moment to thank our whole school community: parents, foster parents, school adults and children for supporting me in my work and for the wonderful comments I often receive thanking me. Without you all I would not be Head Teacher of our school, between us we have created a very special place for everyone to enjoy, feel safe and contained and be ready to take risks with learning.

May I take this opportunity to wish you all a very safe and happy festive season, we are looking forwards to seeing you all in the New Year.

**Caroline Belchem**  
**Head Teacher**

# Attachment and Trauma Sensitive Schools Award

We are delighted to announce that we have had our attachment and trauma sensitive approaches receive an external sign of recognition of our commitment to the steps we have taken at our school to develop a culture of compassion and nurture. This approach plays a pivotal role in getting children into a state of learning readiness.

We are proud of our final verification report which completely reflects our values and ethos across our whole school community including adults and children.

**Extracts from our report show that we provide:**

Quality staff care and emotional support to protect mental health and well-being is multi-levelled and provided through the leadership team.

Leaders are aware of the multiple risk factors to staff mental health and well-being and are proactive in providing support to cope with the psychological and emotional demands of the job. There is an extensive range of processes and strategies to protect staff from overwhelm or burnout... Care for staff is a particular strength of the setting.

Staff are fully aware of the importance of viewing a child through a developmental lens rather than a chronological one. Throughout the interviews, staff demonstrated sensitivity to children's histories and experiences. They were able to explain how adverse experiences have impacted development and describe how they are working with the children to support regulation and develop pro-social behaviour... Viewing children through a developmental lens is a particular strength of the school.

There is a strong focus on multi-sensory learning and play and play is integral to the curriculum. This, combined with the emphasis on making learning fun and individual attention for each child, is an excellent recipe for helping children to become fully engaged with learning. The range of opportunities offered to pupils is impressive, and again, individually tailored to each child... Such enriching experiences provide a gateway to being ready to learn, to be able to settle to learn and to eventually become fully engaged with learning... This is a particular strength of the school.

Read more about this on the [ISP School Battle website](#).



## Football Frenzy

**In the first term KS4 continued visiting Horntye Sports Centre to play football on the astro.**

We have played small sided games, had penalty shootouts and practised free-kicks. We've even had a cross bar challenge. Pupils were working on teamwork, playing different positions and learning LOAF (laws of association football).

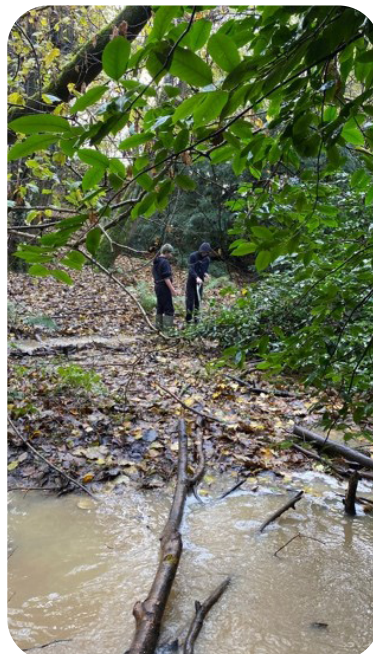


# Forest School

With the heavy rainfall recently, children have enjoyed exploring the stream, making sure the stream has a safe flow and not breaking through its boundaries.

As the colder weather creeps in, it's time to light the fire. Children have been learning how to safely prepare, light, use and extinguish a campfire. Preparing the fire circle at the start of the term took some planning, digging and creative imagination. Talking through fire safety and safely moving around the fire circle.

Children have been practicing using a flint and steel to light the tinder before igniting the fire. Children will be ending the term with cooking marshmallows and creating recipes they would like to try in the next term campfire cooking sessions.



## Chimera Wall Climbing

As part of our therapeutic community we know that routines are part of the containing functions of our school. Children and adults benefit from tried and tested routines that enable them to feel safe and secure, to realise that endings are ok and lead to beginnings. As part of our end of term routines some children visited Chimera Wall Climbing Centre.

Children were able to develop their confidence, group work and self-esteem through use of an indoor bouldering gym. Children used a variety of different angled walls offering unique challenges including a 40 degree wall – definitely not an easy feat that’s for sure.



## Charity Fundraising

Since September, our children have shown great care and compassion to those who too are in need.

Thank you to everyone who has supported our charity fundraising.

We have been able to make donations to:

Young Minds through their #HelloYellow campaign,

Anti-Bullying Alliance through their Odd Sock Day,

and Children in Need.



**THANK YOU**  
**ISP SCHOOL, BATTLE**  
for raising a fantastic  
**£45.00**  
The money you have raised will be used to help change the lives of children and young people facing disadvantage in communities across the UK.

**BBC CHILDREN IN NEED**

BBC Children in Need has not verified the above fundraising. This is not a receipt. © BBC 2007. Reg. charity England & Wales no. 812632, and Scotland no. SC039527.



Congratulations and thank you to

ISP School Battle

For supporting YoungMinds by raising

**£34.12**



## Food Technology

All students have shown their cooking skills, with making their own pizzas, samosas, crumbles, mince pies and sausage rolls.

We are very proud of our students some of whom find food technology difficult, each student has made some exceptional food.



## Brighton and Hove Albion Foundation

This academic year we have joined with our Brighton and Hove Albion Foundation (formally Albion in the Community) to provide a high quality curriculum in the sports arena.

Our children will participate in six sessions across the year. Already our children have visited Brighton and Hove Albion training ground and their schools development officer has delivered a STEM session for the whole school in school.

Term One enabled children to develop their team building skills at the Lancing training ground.

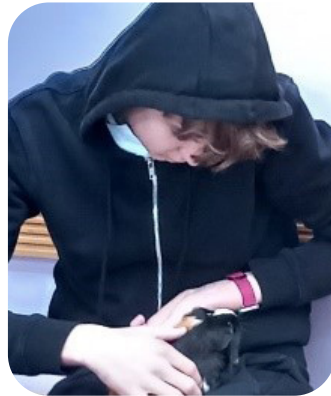
Term Two enabled children to develop their STEM skills in school using football robot sessions that highlighted the benefits of technology in learning.



# Blackberry Farm Trip

In the wet days of October we went to Blackberry Farm expecting downpours but were welcomed with a clear sunny day.

The students started by feeding the animals, even those who were a little hesitant at first. We loved the enormous cows with huge horns and the cuddly guinea pigs and rabbits! We had a bumpy tractor ride around the farm and then bounced crazily on the giant inflatable cushion. There was so much to do - the go-cart track was full of racing rivalry. In the afternoon, when the grey clouds came in, it was a great excuse to visit McDonald's!



## The Dug Out

As children have been enjoying the outdoors we decided to provide some shelter by the outdoor gym and games area.

This has allowed children to continue to access the outdoors at lunchtimes whilst being able to take shelter if needed. Our children named this area as The Dug Out as they use the area for football as well as other activities. Thank you to Andrew for making the benching for this facility.



## Landbased Studies

As part of our Key Stage 3 landbased lessons children enjoyed choosing their own pumpkins to carve to their own designs.

Pumpkin seeds and pulp were scattered in our forest to feed our wildlife which encouraged our children to consider how food is wasted and how it can be utilised for other reasons. Fresh pumpkin is a tasty treat for animals packed with healthy minerals and vitamins.



## Our latest addition

ISP School Battle have adopted a tropical community fish tank from a kind member of the public, who was happy to see her beautiful fish go to school where the children can enjoy them.

We set up a small shrimp tank at the beginning of the school year and the children had shown a keen interest in the shrimp, their wellbeing and enjoyed spotting and watching them when using the one to one room.

At the end of term one, with the shrimp still being hugely popular in school, the children began talks about a larger tank with more variety of fish to watch. Fast forward to the ending of term two and now we have a fully functioning tank with a colourful variety of community fish. The children from KS4 have shown great care to the newest aquatic members of the ISP community, KS3 have enjoyed spotting the different types, especially the catfish babies!

One KS3 child named our Yellow Guppy “Johnny Nibbles” and checks in on them often with an inquisitive eye.



## Past pupils to future friends

We have been delighted to be able to host tours to some people from Glengorse's past.

In the summer, we had the pleasure of touring two former pupils (pictured right), who shared their own personal stories of being at Glengorse School back in the 1970's and 1980's.

It was delightful finding out about the differences (and similarities) between the two schools and has led to the hope that ISP School, Battle will be able to host a reunion for former pupils of Glengorse and Hydneye Prep School.

Perhaps even more exciting for us was being able to meet with and tour Elizabeth Stainton, daughter of the first, former Headteacher of Glengorse School.

Mr Stainton was Headmaster of the school for a number of years and was the driving force behind much of school life, including a keen passion for Cricket, Boxing, Music and Art. Elizabeth provided us with a number of really interesting documents that supplemented our work in English around the history of the school, for which we are very grateful. Toured by the children, Elizabeth was really impressed with all the displays of work and the ethos of our school. It was a real privilege to be able to share our work and those of the children with her. Interestingly, she also features in our 'famous' painting on the main staircase.

Do you think you can spot her?



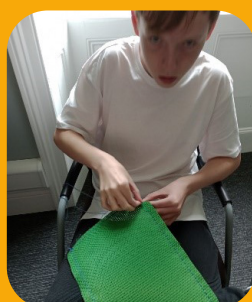
## Textiles

Children in KS4 have been learning how to make different sewing stitches in their textiles lesson.

Using binca, a darning needle and wool, the children have patiently learnt how to create running stitch, back stitch, chain stitch, cross stitch, herringbone stitch and chevron stitch. They have then finished off their stitch sampler by learning blanket stitch around the edges.

The children have enjoyed their sewing lessons as they find them calm and relaxing. Some children have even asked for extra sewing to take home with them.

This is a life skill that they will hopefully be able to use in the future, when living independently.





# Polegate Equestrian Centre

Throughout terms 1 and 2 some of our Key Stage 3 and Key Stage 4 children have been visiting Polegate Equestrian Centre weekly.

Children have had great fun developing their skills both on horseback and stable management.



Children have benefited from highly skilled instructors supporting them including our Progress Engagement Guide: Katrina Fry – Katrina is well known in the horse arena, we are very lucky to have Katrina as part of our school community.



As we continue our journey with our children we will be considering the Pony Stars Challenge Awards through the British Horse Society.

## Christmas Tree Farm

Our Key Stage 3 children visited Catsfield Christmas Tree farm where they were lucky to have a talk about the history of the farm by the owner Clive.

They learnt about the lifecycle of a Christmas Tree, how long they take to grow, the different varieties and what the farm produces ranging from one foot potted trees to 20 foot plus trees.

Children were given a measuring stick to measure the height of trees enabling them to choose the right size tree for our very high ceilinged reception area. Children proudly chose a 12 foot tree that is now standing upright and looking amazing in our reception.





## Up-Grade Training

This term our Key Stage 4 children have been using exercise to improve cognition.

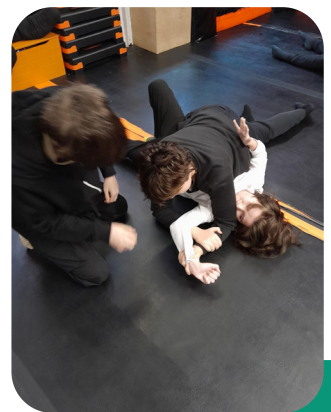
Researchers say that there are two ways to improve attention; through attention training (AT), and through attention state training (AST). AST is what we strive for as it is about getting into a specific state of mind that allows a stronger focus on academic tasks –this is the Up-Grade way!

Martial arts are a main form of AST, and supporting this, recent research has shown a link between practice and improved alertness. Further promoting this idea, an additional study showed that martial arts practice is linked with better performance on attention tasks.

We believe that developing self-esteem and self-confidence through measurable achievement is the key to unlocking a child's highest potential. We know that emotional and physical development go hand in hand, therefore utilise the skill set of Up-Grade to apply their deep knowledge of physical skill-building with our children alongside our therapeutic led practice and academic education to develop the 'whole-child'.

Up-Grade Training offer every child the opportunity to develop specific skills and receive tangible, meaningful rewards – both extrinsic and intrinsic - at every milestone. As well as general fitness and physical well-being, countless scientific studies have shown time-and-time-again that physical challenge will raise endorphins which provide:

- Stress relief
- All-round improvement in mood
- Increased energy
- Increased mental alertness



# The History of Glengorse School

## English Language Term 1

During Term 1, children in KS3 and KS4 have been using historical primary sources to practice their English Language skills.

KS4 children used these sources to practice the GCSE English Language Paper 2 – Writer’s Viewpoints and Perspectives (opinions). Using genuine testimonial, children found out whether past pupils were happy and fulfilled at the school, or sad, depressed and scared. Some were of one opinion, others were of a very different opinion indeed!

A fun way to learn how to identify implicit and explicit information is to practice using photos and pictures. Children in KS3 used old photographs from Glengorse school to practice identifying implicit and explicit information. This is really important for being able to build our inference skills – not only important for our GCSE’s, but also important for helping us to understand the world around us better.

Children used the accounts and testimonials to practice their emotional literacy and build empathy skills, imagining what it must have been like for the children who stayed at the school, away from family and friends, some from an early age.

Both KS3 and KS4 practiced Purpose, Audience and Tone, to write diary entries and accounts of the similarities and differences between the two schools.

All children have been thoroughly engaged in this task and have taken a genuine interest in thinking about what Glengorse School was like, as well as learning all about things such as ‘Dorm Raids’, who a ‘Matron’ was and what a Midnight Feast actually consisted of (toothpaste and drinking chocolate granules!).

We are very grateful to Elizabeth Stainton, daughter of Mr Stainton, original Headmaster at Glengorse. Elizabeth heard of Amelia’s research and reached out. Not only did Elizabeth provide us with the opportunity to borrow a wealth of sources, including photos, newsletters, meeting minutes and much more, but she also made time to visit the school.