

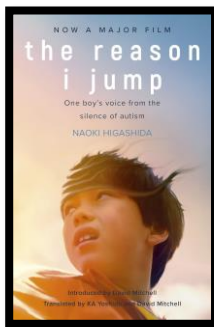
## News from Radlett

### Parent Network:

I can hardly believe that we are beginning the last part of this academic year. Once again thank you all for supporting our Parent Network Meetings. I have really enjoyed getting to know you all a little better over the past year.

Thank you to those who completed our survey. I always welcome your feedback and it has given me some great ideas for our sessions in the future, however, if there are specific topics that you would like to discuss please do get in touch.

### Book of the Month: - The Reason I Jump – Naoki Higashida



I decided to read this book again after a few years and once again dismisses the myth that autistic people lack imagination, humour or empathy. It is an amazing book and was definitely worth a second read.

### And finally...

Autism Central have introduced a new podcast, bringing together autistic people, parents, carers and professionals to talk about different aspects of autism.

The first series focuses on sensory processing with 2 really fascinating episodes. Use the following link to listen:

<https://www.autismcentral.org.uk/news/new-podcast>

Mary Rogers

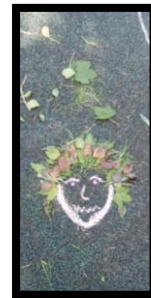
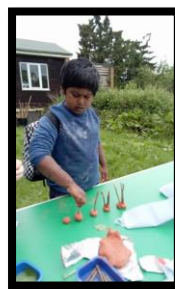
### Principal's Perspective.....

Welcome back to the final half of Summer Term 2024. It appears we are in for a wet and dry, hot and cold few weeks ahead as it's not entirely summer weather just yet, but maybe a typical British Summer! Don't worry we have both sun-cream and umbrella's ready and waiting!

This however has not deterred us at RLS and the last week before half term was our highly successful '**Outdoor Learning Week**'. All pupils participated in a range of activities related to nature and the habitats found at school. The week culminated with an enjoyable trip to a local Scout Hut for additional games and learning.

Understanding the world around us is a key aspect of Outdoor Education, along with the benefits of being in the open-air, having fun and experiencing new adventures.

We are looking forward to much more of this as we further develop our Outdoor Education Curriculum.



Stuart Mainwaring

### Events for June

**1<sup>st</sup> June – World Milk Day**

**10<sup>th</sup> June – Staff Inset Day – School closed**

**11<sup>th</sup> June – School re-opens for pupils**

**14<sup>th</sup> June – National Cupcake Day**

**18<sup>th</sup> June – International Picnic Day**

**21<sup>st</sup> June – World Music Day**

**27<sup>th</sup> June – National Ice Cream Cake Day**

## Celebrating 50 years:

Radlett Lodge officially turns 50 on the 3<sup>rd</sup> June. We are so lucky to have a couple of members of the staff team who have worked here for 44 and 34 years respectively.

Here are some of their recollections of the last 50 years:

"At the start of our first full academic year in 1974 there were just 11 pupils, rising to 27 by 1977. Our pupils were mainly from the local community".

"There were just 4 classrooms and all of our pupils ate their meals together in the school hall. Being part of our local community was as important then as it is now, often handing out flyers about upcoming events happening in school".

We found this fantastic picture from the Radlett Village fair in 1996 when our minibus was made into a float



At Christmas a selection of pupils would go to St Albans City station with a banner and sing carols to people getting off the trains as a way of fund raising.

The Princess Royal visited us in 1997, where a pupil commented that she could not be a princess as she was not wearing a long dress, to which, the Princess Royal replied that sometimes those sorts of dresses get in the way. (Princess Royal with the former Principal Lynda Perry)



## Our Focus of the Month: Anxiety

Research shows that 40 – 50% of autistic people have a clinical diagnosis of anxiety.

Anxiety can be caused by many factors, including; changes in routine, differences in sensory processing, being unable to be understood, or by the management of their emotions.



### Top tips:

- Structure the day, activities and environment to ensure predictability.
- Adjust your communication: reduce demands, use minimal verbal language using a calm voice.
- Encourage our pupils to use their chosen form of communication in order to reduce further anxiety.
- Be mindful of our stress and anxiety levels. Stress is transactional.
- Take care of yourself which will enable us all to better support autistic children and young people.

## What has been happening around school?

Some of our pupils were invited by the "Catch and Smile" charity for a countryside and fishing day at a local lake. This was catch and release with all the fish returned to the water. One pupil managed to catch 25 fish!



After a barbeque lunch it was time for the presentation where the pupils were awarded with medals and certificates.

