



## Diary

What's coming up...

### Autumn

6th Sept - 20th Oct

HT: 23rd - 27th Oct

30th Oct - 15th Dec

### Winter

4th Jan - 9th Feb

HT: 12th - 16th Feb

19th Feb - 28th March

### Summer

17th April - 24th May

HT: 27th - 31st May

3rd June - 25th June

### Inset 2023/24

5th September

3rd Jan

April 15th & 16th



## Message from the Head

As we draw closer to the end of the academic year I would like to thank all the students for their continued work, and ever growing dedication to learning. It has been another jam packed year with some amazing opportunities being presented to the students. Through the established Forest School, trips to farms, museums, libraries and individual events - such as the Devon Show, - our students have engaged in some fantastic learning opportunities.

Our incredible Thrive team are close to being formally recognised as On Track Barnstaple edges closer to achieving the Thrive Center of Excellence award. With the new addition of a Family Thrive practitioner, we aim to be able to be fully recognised through the award in the very near future. Please do ask your child for information about their Thrive- each session is unique and full of exciting activities and games tailored for each student.

With another year of final exams complete we will be saying goodbye to students who are now ready for their next steps in life. For some, college is calling and others; the opportunity to enter the world of work, with some education and training combined has been the path of choice. We wish each and every one of the students moving on all the very best and hope to hear from them in the near future.

Before then, however, we still have lots to enjoy. Our popular activity week is ready for the students to experience a wide range of challenges that build resilience, develop a growth mindset and give them an opportunity to do an activity they may not have done before! There will be rock climbing, coasteering, surfing, archery, swimming, print making, crabbing, online gaming and many more.

Throughout this academic year we have welcomed new staff and students who have all settled in with courage, commitment and community- we are at capacity across 3 sites. Learners are showing more engagement than ever which goes a long way to support them to gain life changing values. Amongst the new staff we have boosted our SENCO team with the appointment of a new PDA specialist. We welcome them, and are looking forward to seeing the school grow in this area.

We understand that moving on from On Track can be really tricky for some students so we are proud to announce a much closer working relationship with PETROC as we support new placements for specialist knowledge & courses.

It is important to us to be ever improving as a school to not only offer our students the best so as a whole school next year we will be focusing on attendance and looking at new ways to support students to come and stay at school.

I would like to wish all families a safe and settled Summer break and we're looking forward to the new term. Thank you for all of your continued support.

*Maria Roberts*



## Parents

### Useful Summer info

#### NCS

Did you know that there are free places on the NCS group over Summer for 16 and 17 year olds:

This unique opportunity that has just become available. The venues are Skern Lodge and The Ultimate Adventure Centre.

This is FULLY FUNDED  
For further info contact Chloe on 07468 749344



### Free School Meals Activity Programme

Devon HAF (Holiday Activities and Food) Programme is offering all students eligible for free school meals the opportunity to engage in a wide range of activities with a variety of fantastic providers across the whole of Devon with free scrumptious food included!

All parents and carers of these pupils have been sent an e-mail about this but if your child is NOT eligible for FSM they may still be able to access some of the activities on a 'pay per session' basis.

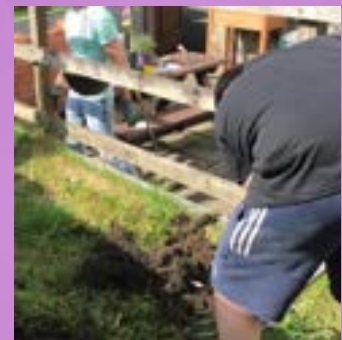
## Vegetable Garden

The beautiful grounds of Saunders House have been regenerated with a great collaborative endeavour: growing fresh produce.

This is part of our ongoing Eco School's mindset spearheaded by Sarah. Students have enjoyed seeing the slow, steady progress, and fruits of their labours. Our cook, Milly has been adding our home grown veg to her wonderful culinary creations.

A similar endeavour was also taking place at The Castle (aka 16a) where staff and students worked hard to make the outdoor area look more attractive. There is now more opportunity for flora and fauna to thrive, thanks to their efforts.

We are proud to say that we again achieved the Eco schools green flag award: 2023.





## Growth Mindset

People who have a 'growth mindset' are of the belief that if they work at a skill, no matter how difficult they find it at first, they will improve with time and hard work.

Our focus as a school is to try to encourage young people to improve their skills through motivation and effort.



Josh: "i'm proud to have swum 12.5 metres without my noodle"

Kayla: "I can't believe songs I used to struggle to drum are now easy"

Jake: "I am getting up at 5:30am to go to the gym and smashing my PBs all over the place - really feeling the benefit"

"10,000 hours is the magic number of greatness" - Malcolm Gladwell

## PLAY THERAPY



Here at On Track Education, we offer play therapy to young people of all ages. Sessions are held once per week for 45 minutes. Each young person can choose freely what they would like to play with and can move at their own pace, exploring narratives and experiences that they feel ready to share.



Play therapy can help young people with a wide range of difficulties by enabling them to explore their feelings through creative therapeutic experiences. Play Therapy uses a variety of play and creative arts techniques to allow young people to 'play out' their feelings and problems rather than having to explain what is troubling them, as adult therapy usually expects. The aim is to help them to understand their emotions, to feel better about themselves and to develop their resilience. Play Therapy can support a wide spectrum of needs such as self-esteem, anxiety, bereavement, adoption, family breakdowns, experiences abuse or bullying.



On May 18th staff wore green clothing in order to support Mental Health Awareness day.





## Family Support

Family Thrive programmes are run by schools using the Thrive Approach to help parents and carers understand how the Approach makes a positive difference to the wellbeing of your children – and therefore the whole family, including you!

Our course is run by one of our Thrive practitioners Clare Langmead

Family Thrive will offer you some strategies and activities that help build positive relationships in your family unit, for the wellbeing of each and every one of you.

Here at On Track Barnstaple, we are pleased to be able to offer this course to introduce you to the fundamentals of Thrive and how it works in real life.



## Exeter City FC

A huge congratulations to Tiff Westacott who had a successful trial in June, and now has a place in Exeter's City's academy. A specialist goalkeeper, Tiff will now tackle the Junior Premier League! She always impresses on the pitch at PE sessions at Sandymere.

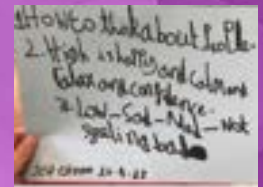


## Thrive at On Track

This term students have been learning about managing stress, self-esteem and relationships.

This has involved talking about finding our own ways to manage stress which included making stress balls to squeeze to help us feel regulated.

Students have explored the difference between high and low self-esteem and what we can do to boost our own self esteem. Students have been learning to give out compliments and have been delivering these to students and staff.



## Examinations

We are proud to celebrate an increased number of students successfully completing a wide range of qualifications, as well as showing fantastic progress with their personal development. It is a credit not only to the staff who work tirelessly for the students but also, of course, to the students themselves. We are immensely proud of the effort and commitment students have put into their exams and pay particular note to the effort students put into their GCSEs this year - well done to all. 13 of our students sat GCSE exams in Maths, English Language, Biology, History and Psychology during May and June. These students approached their exams with a mature attitude and demonstrated a high level of commitment to their studies, and we are very proud of them.

GCSE results will be released on Thursday 24th August.

This year has seen an increase in WJEC Entry Pathways entries and passes. Over 20 students have completed and passed 65 WJECs. Subjects have included PE, Healthy lifestyles, Cooking, Animal Care, Science, Childcare and Groupwork.

Our learners have achieved an amazing 275 AQA Award Units with a final claim to be entered! This has been across a number of different subjects, from outdoor learning to cooking and forest school to English. They have been achieved by a large number of learners accessing all levels of achievement from Pre-Entry right up to Level 2, in total 25 of these entries have been passed, so far. These assessments are on-going so it is likely these numbers will continue to rise as we approach the end of the summer term.

GCSE exam results will be available at Narita House between 10-11am on the 24th August for students to collect. They will be emailed home if they are not collected after 11am.

Careers:

This year we have 8 students who will be leaving us in July for pastures new. They are setting off new adventures including attending Petroc College on the Entry to Careers course, Foundation year and multi-skills courses as well as gaining employment and setting up their own business. We wish them every success as they take their next important step and look forward to hearing of their achievements.

This academic year we have moved from Kudos to Xello as a tool that we use to support our careers sessions. Xello is a fantastic tool that puts the student at the centre of their career planning experience. It enables them to build self-knowledge, explore post-secondary options, create plans, and revisit and amend their plans as they learn new skills and knowledge as well as taking part in new experiences. The program enables our students to consider which roles may fit with their interests and skills, as well as finding out more about the career including entry requirements, how much they can expect to be paid both when they start and once they have gained more experience.

We are always on the look out for work experience opportunities for our students so if you have a business or know of someone who would be willing to offer work experience opportunities for our students please contact Cath Fordham – cfordham@ontrackededucation.com.

## Photo Drop

Wearing green for mental health awareness, activities week, working hard or just being cool - here are this term's snaps!

