

SPRING NEWSLETTER

APRIL 2025

EDITION 18



Key Dates for Summer Term

GCSE Exams Start:

Friday 9th May

May Day Bank Holiday

Monday 5th May

Mental Health Awareness Week

Start: Monday 12th May

Careers Roadshow (Y10 Pupils)

Wednesday 13th May

Half Term Holiday

Mon 26th - Fri 30th May

e-Sports Work Experience Day

Wednesday 11th June

Transition to post-16 Programme

Mon 16th - Fri 20th June

Year 11 Graduation Event

Wednesday 25th June

Last Day of Summer Term

Friday 18th July

POLICE MUSEUM VISIT

Welcome from Headteacher

As we come to the end of another busy and successful term, I would like to take this opportunity to thank you all for your continued support. I am incredibly proud of our pupils for their hard work, enthusiasm, and determination this term – they have truly earned a well-deserved break.

My sincere thanks also go to our dedicated staff and governors, whose unwavering commitment ensures that our school continues to thrive. This term, our pupils have enjoyed a wide range of enriching experiences, including exploring the history of codebreaking at Bletchley Park, taking on the challenge of rock climbing at Warwick University, and learning about law and order at the Police Museum in Birmingham. These opportunities help bring learning to life and create lasting memories for our young people. I wish you all a safe, happy, and restful Spring holiday.

Mrs Cutler

Attendance matters

At InspirED Pathways, we recognise more than most, the impact that poor health can have on attendance.

I want to thank all of our parents and carers for your support in working with us to improve your child's attendance by reducing barriers and sharing the positive messaging around the importance of regular attendance on achieving positive outcomes.

Please remember to contact inspired@coventry.gov.uk or phone us on 02476 337734, to report your child's absence and advise of any appointments.

POLICE MUSEUM VISIT LEAVES PUPILS FEELING 'COP'TIMISTIC

At the start of this term on Tuesday 21st January students across our service attended a History trip to the West Midlands Police Museum in Birmingham accompanied by Mrs Sykes, Miss Griffin and Georgie. After a fantastic minibus parking manoeuvre by Miss Griffin into a very tight city centre parking space we started our museum visit! The museum itself was a former jail which in fact housed prisoners from 1891 up until 2016. This really immersed us into the full experience of 'prison life'– walking along the metal grating floor and entering real cells! Our tour guide, although he did like to talk (a lot!) was a former Police Officer himself so shared some very interesting real life stories and arrests with us! In the afternoon we also had a go at some hands on forensic activities – making our own moulds of footprints (some turned out more successful than others!), fingerprint testing and identifying blood samples!

We ended the day with an investigation whereby we were given a number of clues and had to decide who we thought was the criminal. The pupils demonstrated some really excellent teamwork during the activities and were brilliant for the whole day.

Mrs Sykes – Lead Teacher for Humanities



Mrs Sykes – Lead Teacher for Humanities

PUPIL VOICE NEWS

Bletchley Park

On Friday the 28th, Mrs Dye took a group of pupils to Bletchley Park trip, where they learnt about Alan Turing and how he de-coded Germany's message in 1942.

They also learnt how to de-code messages whilst they were there. Pupils commented on how good it was and it sounds like we should do it again next year. Thank you Mrs Dye.

World Book Day

Furthermore, on Thursday the 6th of March, there was a World Book Day quiz to celebrate World Book Day. Well done to the year 10 duo who won a box of chocolates and well done everyone who joined in.

Bookflix

Don't forget to write a review once you have read a book / magazine / blog. Ask Mrs Quinney for a review sheet if you need any more.

Thanks for reading.

From Sha-Rae - InspiRED Pathways Writing Ambassador

OUTDOOR EDUCATION PUPILS CONTINUE TO SCALE NEW HEIGHTS

Six intrepid students took part in a climbing course at Warwick University. Despite being a little scary, it proved great fun. It encouraged a real team spirit as the students learnt to support each other with the ropes and belays as well as shouting words of advice as we took turns to scale the different walls.

The instructors (Reid and Harriet) were really patient and skilled and even guided Mrs Cutler to the top of several walls. Harry and Harley proved to be natural climbers and scaled walls of increasing difficulty fairly quickly. The rest of us progressed through the course increasing our competency and confidence with each climb.

It was scary just letting go of the wall at the top and relying on the belay system to support your weight. Ms Ingram demonstrated how not to do this by holding on to the rope and then careering down a few metres in a sharp drop before crashing to the floor. The rest of the team were more graceful.

Reid commented, "The students have been very entertaining to work with and it was great to see their improvement." With further comments from pupils including "It was amazing! I've learnt that you need to trust in yourself." Art (Year 10) "I felt a great sense of achievement scaling the wall." (Harry, Year 9) "It just shows you, girls really can do anything." (Harley - Year 8).

In the Summer term pupils will be visiting National Trust sites as part of a walking series. Keep an eye out for more activity in the coming weeks!



We regularly catch up with our Alumni to see how life has changed since leaving school. In this edition Mr Takolia caught up with Rudy from Class of 2024 who has moved to the Adult Education Service.

ALUMNI INSIGHTS

So, how has life been since leaving Inspired Pathways/Hospital Education?

Well, life has been good, and I've improved a lot education wise and since moving to Adult Ed, I have had good routines which has done me a world of good. I feel I'm a lot more independent and have even got myself a scooter. It's a late 90's Vespa, it's pretty cool!

What provider did you move onto and what course are you currently studying?

I moved to the Adult Education Service to study GCSE Maths alongside the Step into the World of Work study programme. As part of the course, I have been lucky enough to have a work placement at St Mary's Guildhall and will be starting at the Herbert Art Gallery in the summer term.

St Mary's Guildhall sounds exciting, tell us a little about what you did there?

St Mary's Guildhall is a 15th century historical landmark in the centre of Coventry. My role included providing tours for visitors, sharing history of the landmark and generally assisting with any queries. I really enjoyed it and got to see and have a hands-on experience of the rich historical artefacts it has to offer. Within the Guildhall they have the Coventry Tapestry that is from the early 1500's and is the only one hanging in the country.

You mentioned you are starting at the Herbert Art Gallery, tell us more?

My role will be as a general museum assistant. I will be based at an exhibition and talking visitors through the experience. The Herbert is full of exciting exhibits including Dippy the Dinosaur and a walk through of the heritage of Coventry.

So you got to experience History in real life? This must have been great?

Yes, because I love history and to see history local to me is always a benefit.

What does a typical week look like for you?

I am in for 2 days and will do my GCSE Maths alongside the World of Work course. My work placement started off on one day and now it has built upto 2 days.

How has the support been from Adult Education Service and has this been of use to you?

Since starting, the support has helped me and I feel grateful that I have been able to continue my GCSE's. As part of my work placement, I am also assigned a job coach (Ryan) who will visit me and guide me through my employment and will make sure I am supported at work.

What are you plans for the coming year? Tell us a little more?

I haven't thought that far yet. But I am hoping to find employment at the Herbert Art Gallery or a job role in a museum in line with my interest in history.

What advice would you give to pupils in year 11, that are thinking about studying at Adult Education Service?

My advice would be that there is nothing to worry about. The service looks after pupils and makes that sure that you are well supported on the course. Work placements are aligned with your interests, and this make it easier. I had a real passion for History, and they were able to find me a work placement that I would enjoy! I have loved it here!

Are you an Alumni of the Hospital Education Service/Inspired Pathways and would like to share your story? Contact Mr T via the main office and we would be happy to share your success story in a future newsletter.

BLETCHLEY PARK VISIT IS A CODE CRACKING VISIT

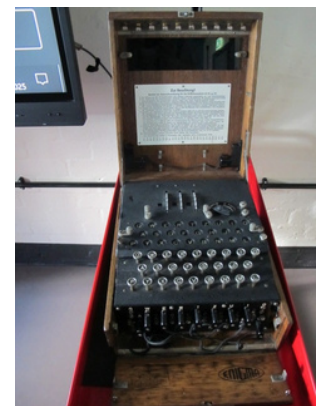
On Friday 28th March, a group of five students embarked on an unforgettable trip to Bletchley Park, the historic site of World War II codebreaking. The visit provided an insightful glimpse into the crucial role the site played in shaping modern cryptography and intelligence work.

The day began with a visit to the D-Day exhibition, setting the scene for the significance of Bletchley Park's contributions during the war. This immersive experience allowed students to understand the context of wartime intelligence efforts before delving deeper into the site's history.





Next, the group explored the iconic mansion, a hub of wartime activity where some of the greatest minds worked tirelessly to break enemy codes. A guided tour brought the history of the site to life, detailing the route of a coded message and offering fascinating insights into the 9,000 individuals who worked at Bletchley Park during the war.

We concluded our day with an engaging workshop where students had the opportunity to use an authentic Enigma machine. Through hands-on activities, they decrypted messages sent in Morse code, gaining a deeper appreciation for the complexity and importance of wartime cryptography.



The visit to Bletchley Park was both educational and inspiring, leaving students with a greater understanding of the vital work carried out by those who worked in secrecy to help change the course of history. It was a trip that truly brought the past to life and showcased the power of problem-solving and perseverance.



WHAT COMES NEXT
IN THE SEQUENCE?

7, 8, 5, 5, 3, 4, 4, ?

Mrs Dye – Lead Teacher for Mathematics

Think you have an eye for breaking codes? Try this one we have found from GCHQ.

Answers on back page.

UPDATES FROM THE HOSPITAL SCHOOL

The spring term has seen an eclectic mix of days and weeks for us to celebrate and around which to theme pupils' learning. Here are a few highlights.

We marked the start of **Chinese New Year** with a wealth of learning, including painting messages using Chinese characters. The Primary Team danced bed to bed, entertaining children across the wards with a 'traditional' Chinese dragon dance (music playing from our pockets!).



National Careers Week provided time for pupils to think about people who help them, learn about different careers and consider the skills they might need for these roles. We discovered children with aspirations to become astronauts, footballers, teachers, doctors and vets.

This year's **British Science Week** was themed 'Adapt and Change'. Younger pupils explored how animals are adapted to their environments and created their own animals for their chosen habitats. Additionally, some pupils investigated the magnetism of different coins and tested different paper items which people flush down toilets to see whether they disintegrate or not.



World Book Day saw the Primary team dressed as Cat in the Hat and Skelebones, with Secondary pupils joining the fun by selecting mystery books, wrapped in paper, with cryptic descriptions to intrigue and help their selection processes!



International Happiness Day was full of smiles, as we reflected on and engaged in what makes us happy and thought about how to make others smile.

Many of our regular pupils at UHCW have complex needs. As the hospital teaching team, part of our offer includes sensory singing and music sessions for these children, providing an oasis of fun amidst treatments. With this in mind, we have been developing our repertoire of songs with matching interactive resources and Makaton signing.

Mrs Morshead – Lead Teacher for Hospital School

INSPIRED PATHWAYS 'CHECKS IN' AT COOMBE ABBEY HOTEL FOR GRADUATION 2025

Every June we look to our graduation event with a bittersweet feeling of joy and sadness as our cohort of year 11 prepare to leave for their post 16 destination. From the humble beginnings of Graduation taking place at Whitmore Park Annexe, we have been lucky to be hosted by Coventry University for the past 3 years. Venues have included the Ellen Terry building, which many parents will remember as the Old Odeon Cinema with its grand dome still present today.



This year, we received the sad news that Coventry University is unable to support us and we were quickly on the hunt for a new venue. Faye Parklen, our newly appointed Local Authority management board member was quickly on the case and put us in touch with Coombe Abbey hotel. With a few meetings and emails back and forth we are pleased to announce that we will be hosting our graduation event at the historic Coombe Abbey hotel on Wednesday 25th June. The event is shaping up to be a celebration to remember in the stunning landscape that our city has to offer.

Further information will be sent across to our year 11 pupils and families in due course and we look forward to what is shaping up to be another special event.

EXAM ANXIETY – IS IT SOMETHING TO WORRY ABOUT?

As many students are preparing for tests and exams in the summer term, media reports focus on the stress and anxiety that some students can feel at this time. For some, the effects of stress can be minor or even positive, but research suggests that one in seven students can feel highly anxious about tests.

Here at InspirED Pathways we have been working hard to tackle the concerns and worries our pupils will be experiencing in the run up to their GCSEs. Tackling this common issue forms a critical element of our wellbeing curriculum, particularly as many of our pupils have a shared tendency towards heightened anxiety at key assessment points. We wanted to share tips around reducing exam anxiety and hopefully they will make a very difficult time a little easier.

- **Recognise the signs:** Be aware of how exam anxiety manifests in your thoughts, feelings, and physical sensations.
- **Challenge negative thinking:** Actively work to identify and challenge negative thought patterns. Replace them with positive self-talk.
- **Talk to someone:** Speak with a parent, teacher, or trusted adult about your feelings, or consider calling a helpline for anonymous support and guidance.
- **Reach out to friends:** Talk to friends who are also taking exams to feel less alone and ease anxiety. You can also arrange revision sessions together to combine social interaction with study preparation.
- **Set boundaries:** While talking to others can be helpful, it can also increase stress. Avoid people who constantly discuss exams and their stress, as this can make you feel more overwhelmed.
- **Take care of Yourself:** Eat properly, including healthy snacks, to maintain energy, and drink plenty of water. Exercise can help clear your mind and relieve stress, so engage in activities like walking, cycling, swimming, or team sports.
- **Get enough sleep:** Aim for 8 to 10 hours of sleep per night to allow your mind to rest. Avoid staying up late and find calming activities to wind down before bed. Limit stimulants like caffeine and sugar late in the day, as they can increase anxiety and disrupt sleep.
- **Stick to a routine:** Having a regular routine can help reduce stress and anxiety. Try to go to bed and wake up at the same time each day, and include enjoyable activities like watching TV, playing games, or socialising with friends in your daily schedule.



CLASS OF 2023–2024 DESTINED FOR SUCCESS

Every academic year we receive a Destinations Data report for our previous year's cohort. The data report is used by the Government to measure the number of pupils that have left school and sustained a post 16 destination. This can be in further education, apprenticeship, or employment. The data helps schools to inform the success of their school programmes and in particular the effectiveness of preparing students for the crucial next stages of their lives.

We were over the moon to see that InspirED Pathways cohort of 23–24 had a 91% sustained destination rate. The national figure for pupils accessing an Alternative provision is 66.5%.

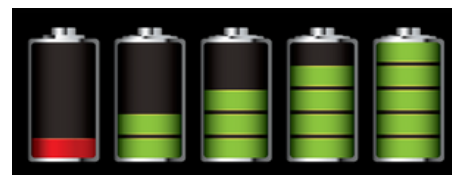
With our school not offering a post 16 provision, our pupils have moved onto a variety of destinations including West Coventry Academy, Moreton Morrell College, Leamington College and the Adult Education Service. We are also pleased to see a former pupil from last year training as a Teaching Assistant through the Apprenticeship scheme.

Congratulations to all of our pupils for their amazing work and our school staff for supporting them in their transition to post 16. Keep an eye out in our newsletter to hear from our Alumni and how they have been getting on.



WELLBEING TIPS FOR THE EASTER BREAK

Rest and Recharge: The Easter break is a great opportunity to rest and recharge. Make sure to get enough sleep and allow yourself time to relax.



Balanced Routine: While it's important to relax, try to maintain a balanced routine. Include some light activities, hobbies, and social time alongside any revision you plan to do.

Connect with Others: Spend time with family and friends. Social connection is crucial for wellbeing.



Healthy Habits: Focus on healthy eating and regular exercise. These habits can significantly impact your mood and energy levels.

Mindful Moments: Practice mindfulness or relaxation techniques. Even a few minutes of deep breathing or meditation each day can help reduce stress.



Plan for Revision, but Don't Overdo It: Create a flexible revision plan, but be realistic about what you can achieve over the break. Remember, rest is also important.

Limit Screen Time: Take breaks from screens to avoid eye strain and promote better sleep.



Working towards exams can create lots of feelings of worry and being under pressure, however we hope with these sessions, pupils will feel they are more prepared to successfully tackle their summer exams.

Mrs Stringer
Wellbeing & PSHE Lead

