

# Epina y Business and Enterprise School

## RUE'S REMARKS!

Hope you all enjoyed the October break and are back "ready to listen, ready to learn together".

Once again, we have been busy during the holidays and now have a new automatic door leading into our reception area and we have also had our central heating system upgraded which will make sure we are kept nice and warm over the winter months.

Well done to our Enterprise pupils who helped raise over £500 for Macmillan Cancer Support and thank you for all the help and support with this event . . . and we are so very excited to have joining our Enrich class - 2 school guinea pigs, Tom and Jerry, I hope you get to meet them.

This term is always a busy one, leading up to Christmas, so please keep checking the website and social media for information about activities and events.

## Beamish Museum



Class 1 visited Beamish Museum to see how people lived in the past as part of their "people and places" topic. Pupils travelled on the old tram and buses, visited the dentist, old shops, the mine and the school house.



October 2018

## Epina y School Website

For all the latest information on Epina y School check out the school website at: [www.epinay.org](http://www.epinay.org)



## Wanderers Sporting Association



Fantastic to be part of this sporting group that encourages engagement, participation and achievement and brings SEND pupils together from across the North East.

So far we have excelled in the Cross Country:

Under 11 boys	Gold	Under 11 Girls	Gold
Under 14 Boys	Bronze	Under 14 Girls	Gold
Under 16 Boys	Gold	Under 16 Girls	Silver

We have also attended the Under 14/16 Football at Walker, supported by Newcastle United Foundation -see what they had to say

<https://nufoundation.org.uk/north-east-schools-join-foundation-disability-football-tournament/>

## Meet Our Guinea Pigs



As part of our "all about me" topic, Enrich pupils decided it would be nice to have a class pet to look after and learn about how animals are different. We all decided to get guinea pigs and went to Pets at Home in Sunderland. Whilst there, we had a workshop with Rebecca who taught us all about how to care for the guinea pigs including; what they need to stay healthy, how to keep their homes clean and how to hold them correctly. We were able to feed them some fresh cabbage, because they like green veggies best, but most of their diet is hay (a massive 80%). We fell in love with the fluffy one first and then chose a very energetic one as we thought he would fit right in at school. They now have a lovely mansion to live in with two floors. Everyone loves holding our new pets and we have called them Tom and Jerry.

# Epina y Business and Enterprise School News

## Mindfulness

Class 2 learned about 'Mindfulness' as part of National Mindfulness Day with Mr Dickinson and Mrs Jopling. We talked about lots of different words that described our feelings.



We created a 'mindfulness jar' using glitter, sparkles and water. We can use the jar when we are feeling happy, sad, worried, etc. we can shake up the jar and watch our feelings become more 'calm and settled'.

Mr Dickinson explained that 'mindfulness' staff wear a yellow lanyard and you can go to them to talk about your feelings.

## The World's Biggest Coffee Morning

KS4 Enterprise group, planned, organised and ran a very successful Macmillan coffee morning.

Prior to the event pupils took on roles including marketing and promoting the event as well as planning and organising fundraising stalls. Pupils demonstrated the importance of working as part of a team and identifying each other's strengths.



Pupils did a fabulous job raising over £500 for Macmillan Cancer Support

## EPINAY BUSINESS & ENTERPRISE SCHOOL

### Christmas lunches

Tuesdays & Thursdays throughout December  
Tuesday 4th, Thursday 6th,  
Tuesday 11th, Thursday 13th,  
Tuesday 18th & Thursday 20th December

*Yuletide broth,*

*homemade bread roll & butter*

*Roast Turkey*

*with chipolata and bacon roll, buttered carrots, creamed turnip, Brussel sprouts, roasted potatoes & parsnips, mashed potato, gravy, sage & onion stuffing and cranberry sauce*

*Christmas pudding and brandy sauce*

*or*

*Fruit trifle*

*Coffee/tea/juice & sweet mince pies*

*£10 per person*

*Booking required and paid for in advance.*

*£5 non-refundable deposit paid on booking*



**CAFÉ EPINAY** Epina y Business and Enterprise school  
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## Important School Dates

**BBC Children In Need**  
Friday 16 November

**In Service Day-school closed**  
Monday 10 December

**Café Epina y Christmas lunches**

Tuesdays and Thursdays throughout December

**Christmas Showcase**  
Tuesday 18 December

**School Christmas Lunch**  
Wednesday 19 December

**School Christmas Disco**  
Thursday 20 December

**Christmas Holidays**  
from Monday 24 December to Friday 4 January

**Return to school**  
Monday 7 January

*see website or social media for further details of all events*

**"The more that you read, the more things you will know.  
The more that you learn, the more places you'll go."**

Dr. Suess

## Contacting School...

There are lots of ways to get in touch:

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*This information is correct at the time of print*