



LANSDOWNE SCHOOL NEWSLETTER

Dear Parents, Carers, Pupils and Staff,

It is with great pleasure that I greet you all as the new Executive Headteacher of the Lansdowne Turney Federation. I hope that you had a wonderful summer and are ready for an exceptional year ahead.

Thank you for the warm welcome I have received. I am thoroughly enjoying getting to know the pupils at Lansdowne and immersing myself in Lansdowne's school life. It has been wonderful to see how well the students have adjusted to returning to school. I would like to extend our gratitude, on behalf of the Federation's community, to our supportive governing board, who have made this leadership transition as smooth as possible, for all in Lansdowne School.

I celebrate the outstanding legacy of our previous Executive Headteacher, and I have reflected on our excellent Ofsted results. Our vision now is to build on those foundations and ensure that Lansdowne continues to develop exceptional growth in inclusion, personal development for all our young people, and preparing learners for college and employment.

Our staff have worked incredibly hard to welcome students back. I am particularly proud of our INSET days, which focused on inclusion, safeguarding, autism, and adolescence, ensuring that our aims for the year are clearly established.

We are committed to offering training and information sessions for parents and carers on therapies, understanding your children's challenges, managing health and safety, and accessing community services. Our therapy team is ready to work collaboratively with pupils, staff, and parents/carers, and we thank them for their invaluable support.



A little about me: I have led at Turney School for over six years and I have been a part of the teaching staff for twelve years. I am a proud Lambeth resident, originally from Barcelona and I embrace the cultural diversity that the borough has to offer. I speak four languages and come from a family of educators. School was the happiest time of my life, and I am deeply committed to advocating for the same experience for all our students.

I look forward to working in partnership with you all.

Warm regards,

Elena Gallardo
Executive Headteacher

Class of the Week
in KS3

Congratulations!

7CR

Class of the Week
in KS4/5

Congratulations!

12NP

Key Information:

- ♦ Breakfast Club has resumed. Sign up by contacting the School Office.
- ♦ Letters will be sent home soon with details of how to sign up for After School Clubs on Tuesdays and Thursdays.

Next Friday's
Assembly Class

13RM

on 25th September
at 9.35am



Coming back to school after the summer break can feel overwhelming. What can help?

Dear Parents and Carers,

Welcome back! As the school's Educational Psychologist, I know that starting a new school year brings a unique mix of excitement and anxiety for you and your child. For autistic young people, transitioning away from their summer routines at home and returning to school can feel very overwhelming even when they're looking forward to it.

Please remember that behaviour is communication and lets you know how well your young person is coping. If you notice an increase in meltdowns, emotional withdrawal, or a regression in skills over the next few weeks, this is a very natural response to a major shift in their routine (returning to school). New school, new class, new routines, wearing a uniform, new shoes, getting up at a set time, school transport, change in weather and so much more. Your young person is processing a lot of environmental and sensory change.

It is also not easy for you as a parent to navigate all these new routines and your own nerves or excitement about the return to school. So be kind to yourself and give some time for you and your child to get used to coming back to school.

Everyone has made a great start so you should be proud of yourselves and your children. We are planning to offer some training sessions for parents in the future. If you have any suggestions of topics that you would find useful please let the School Office know.

Louise

Educational Psychologist at Lansdowne School

EP Top Tips for everyone:

- ✓ **Step back and allow some small mistakes.** It can be hard to watch your child struggle, but stepping is what helps them learn they can do things. If they forget their PE kit or burn their toast, treat it as a learning experience rather than a failure, and help them think how to do better next time.
- ✓ **Use "Visual Scaffolding."** All teenagers like to be successful, feel grown up and do things on their own. But being independent doesn't mean having no support. Practice together first and let them do more and more till they are on their own. Make a simple, step-by-step visual checklists for everyday tasks like using the washing machine or cooking an easy to make snack (a list of words or images, a short video). Let them have a go!
- ✓ **Let them manage their routines.** Look for everyday moments where they can take over from you. Make their own breakfast, pack their own snacks, get their school bag ready ...

Starting secondary school is a lot for Year 7! What can you do to help with the transition ...

- ✓ **Allow time to relax & recharge.** Keep things very quiet and relaxed at home for the first few weeks. Hold off on after-school activities, extra chores, or busy family outings. Starting school is tiring for everyone!
- ✓ **Lend them your calm:** When your child is upset/angry/frustrated, they cannot reason. Stay close, keep quiet, and offer a hug or a safe touch to help their body settle down first..
- ✓ **Help them understand their feelings.** Use short, simple sentences to help them identify what they might be experiencing (e.g. "It's tough adjusting to a school routine when you've enjoyed being at home over the summer"). Try not to minimise their worries, no matter how small they might seem to you. For an autistic teenager, a tiny changes can feel overwhelming.
- ✓ **Masking** – seem fine in school but meltdowns at home. This is very common for autistic young people. Home and family are their safe space. Do let the know school if this is happening as it means they are not coping as well as the school think they are.
 - ✓ **Show them the plan.** Make a simple picture chart or weekly calendar so they know what is happening each day (e.g. after school clubs). Knowing what comes next helps them feel safe and less worried. School can help with creating these.

