

MARK COSTELLO

MESSAGE FROM THE PRINCIPAL*Dear parents and carers,*

What a week it's been! From torrential rain to glorious sunshine, we have seen it all! I hope everyone has been able to enjoy the sunshine and take advantage of the opportunities to get outside. Our students certainly have and so have I having been invited to a picnic in one of the houses this week.

At Aurora Foxes we value open communication and believe that feedback is an essential part of our improvement process. We encourage parents and students to share their thoughts, ideas, and concerns with us. If you have a compliment or praise for our staff, we'd love to hear it and share it with the rest of the team. If any concerns do arise, we hope you share it with us so that we can work together to find a solution. We believe that resolving any issues collaboratively is the best way to ensure that everyone's needs are met, and we're committed to doing our best to address anything that arises in a timely and respectful manner.

Finally, I also want to take this opportunity to commend our students on their amazing behavior and attitudes this week. I have witnessed firsthand the kindness, respect, and determination that our students display daily. It is truly inspiring to see their dedication to their education and their community.

Have a lovely weekend!

**GOLDEN MOMENT OF THE WEEK**

This week I was delighted to receive an invite from some third years at the Lodge to join them for a picnic they had made. Vegetarian sausage rolls, pizza pinwheels, tuna and mayo wraps were all made from scratch and were an absolute delight! Thank you!

**NOTABLE ACTIVITIES**

Next week we mark Mental Health Awareness Week, one of the key dates in the UK wellbeing calendar. This year for Mental Health Awareness Week the focus is on anxiety. We all feel anxious from time to time. Anxiety is a natural response to the uncertain world around us. For example, in the current cost-of-living crisis, more than a third of adults feel anxious about their financial situation. But it's important that we recognise and respond when we feel anxious, so that our anxiety doesn't become overwhelming.

Anxiety was chosen as the Mental Health Awareness Week theme this year to kickstart a nationwide conversation, encouraging people to share their own experiences and helpful ideas on how they manage anxiety. To facilitate this, we will be carrying out a few activities next week across the college:

- We will create a 'strategy board' in the student break room at Foxes Fields and the Hotel where staff and students can pin ideas on how we each manage anxiety.
- We will encourage each house to create a worry box - A hands-on crafting activity to manage worries in a physical way. The students will design a box for their own house or themselves. This allows us to give our students a safe space to be able to process their anxiety should they wish to.
- We will share with staff and students 'every mind matters' email programme where you can get expert advice and practical tips to help you deal with anxiety. Signing up to the programme will also show you how to make these new steps part of your daily routine.
- We will be raising awareness of anxiety amongst our students and supporting them to understand how they can manage their feelings of anxiety through their ILS sessions.



MENTAL HEALTH AWARENESS WEEK

HELP WITH ANXIETY

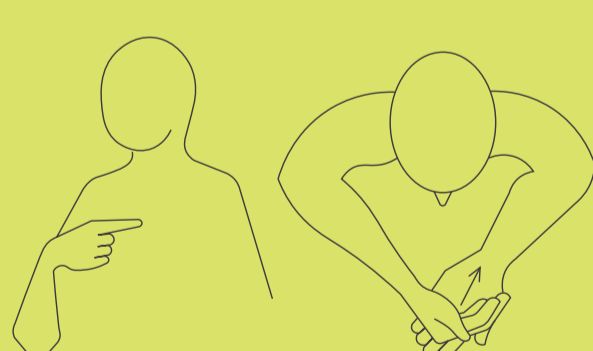
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**COMMUNITY/PARTNERSHIPS**

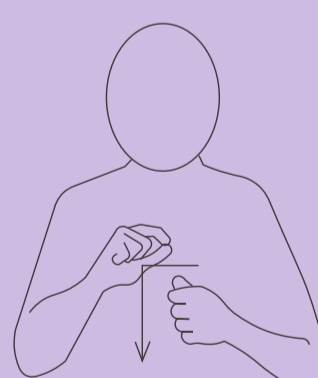
We were delighted this week to win an award for partnership working at the Business Charity Awards alongside the Hilton and their global foundation, their charity which helped us purchase our Flying Fox catering van.

Over eight years we have partnered with Hilton in our aim to equip our students with life and employability skills they need to be 'Work Ready,' and 'Life Ready.' The close partnership Hilton has established with Aurora Foxes supports them to do so.

Further, through a grant from the Hilton Global Foundation, in April 2022, we launched the Flying Fox food truck, a mobile catering truck which aims to broaden the skills of the students giving them hands-on experience with outdoor and off-site service and food preparation, hygiene and storage as well as carry our name further.

FOXES PHRASE OF THE WEEK

I BUDGET £ ... FOR ...

FOXES WORD OF THE WEEK

MATHS

ADDITIONAL INFORMATION

Two delightful 2022 Foxes graduates are looking for a third housemate to share their supported living house in Henley on Thames - and hopefully share in the exciting lives they lead, supported by Sorelle Support.

Does your young person love to try new things, getting involved in the menu planning, the shopping and the cooking? Have a desire to live their very best independent life with support from an amazing family-run support company? The girls are always busy, in and out of the house and there's a very happy family atmosphere!

By way of a little background, the house is owned by a private landlord but was bought specifically for three friends to live together. A change in one tenant's circumstances means we now have a vacancy.

The house itself is a 3-storey, 4-bedroom townhouse on the north side of Henley town centre. Each person has their own bedroom and there is room for an overnight member of staff. There is ample car parking and they have a car that is used for most journeys.

About a year ago, we went through a very detailed and lengthy process to identify the supported living provider, eventually selecting a small family-owned company called Sorelle. They manage all the support in the house and our joint philosophy is 'support, not care' - in other words, Sorelle is providing support to enable the girls to live the lives they want to live, not just keep them safe at home.

As parents we are managing the initial applications, so if you are interested please email: lorna.bellamy@hotmail.co.uk with some information about your young person, such as age, current situation (i.e. college, in employment, etc) and perhaps a little about their interests and hobbies.

We will then follow up with a conversation to gather some more specific information, such as support needs and where the individual is in terms of social care assessments, benefits, etc. We could then arrange meet-ups with the existing tenants and visits to the house.

Ultimately we will be taking the girls' opinions into consideration, together with those of the support team as we need to ensure that all the tenants are compatible in personality, that Sorelle can meet their needs and that the Henley House continues to be a happy family home.

Many thanks

Lorna Bellamy