



**Sheiling School
Thornbury**

**CHILDREN'S
GUIDE
TO THE
SHEILING SCHOOL
AND
RESIDENTIAL HOUSES**

WHERE IS THE SHEILING SCHOOL?

The Sheiling School is situated in the medieval market town of Thornbury, close to Bristol. The school and two residential houses are located in a 30 acre estate surrounded by rural countryside. Thornbury's busy high street, local shops and leisure facilities are short walk from the site.



Thornbury High Street

RESIDENTIAL CARE PROVISIONS AT THE SHEILING SCHOOL

52-week Placement - The Children's Home is open all year round.

38 week Placement - Some of the children stay at the school during term time and go home for the weekend and holidays.

Day Pupils - Most of the children who go to the school live at home and attend the school during the day.



You are coming to the Sheiling School, to learn new things. You will live in one of these houses with other children like you:



Tyndale House



Halliers House

YOUR DAILY ROUTINE

At The Sheiling School, everyone's day is different, depending on your needs and choices. Here is an **example** of how your day might look:

07:30 Time to get up. Your staff will come and help you get ready for the day/school.

08:15 Breakfast time with the rest of the children in your house.

09:10 School starts. It's a short walk through the grounds to get to your classroom.

During the morning at school there will be social time, main lesson, snack time and break time as well as other fun lessons, therapies and activities.

12:45 to 13:45 Lunch time. You will return to the house and eat lunch in the dining room with everyone else. You can then spend some time resting before returning to school in the afternoon.



13:45 School starts for afternoon lessons. For the children in Upper school, this means you will sometimes work with pupils and staff from other classes in afternoon groups.

15:30 School ends and your staff will meet you at school, or school staff will bring you back to the house.

15:45 After having a snack in the house, there's time to do an activity of your choice before tea.

18:00 – 18:45 Tea time.

19:00– 19:15 Everyone helps with chores around the house and has time for a walk or an activity afterwards.

20:15 Quiet time and getting ready for bed. Everyone meets together for supper.

20:30 Night Staff arrive and will keep you safe through the night. Then it's bedtime or you can stay up with the night staff until you are ready to go to sleep.



A day trip to Olddown Country Park with other children and staff.



Baking in Halliers House with staff.

Doing art and crafts in Halliers living room.



WELCOME... TO YOUR OWN BEDROOM

You will have your own bedroom. You can decorate your room with help from your staff. It is your private space, so we want it to make it feel just right for you. You will share the bathroom facilities with the other children. There are also shared and individual living areas, sensory rooms and activity spaces within each house.



One of the bedrooms in Halliers House



The living room in Halliers House.

MORE PLACES AND THINGS TO DO AT HALLIERS HOUSE...



The dining room in Halliers House.



The activity room in Halliers House.



Children playing in the garden outside Halliers House.

MORE PLACES AND THINGS TO DO AT TYNDALE HOUSE...



The living and dining room in Tyndale House.



View of Tyndale House from the school's sensory garden.



A bedroom in Tyndale House.

LIFE AT SCHOOL

At school you will be part of a small class with other pupils. Your Teacher and Learning Support Assistant will help you to learn lots of new things. You will have a regular routine and timetable to follow. Some of the lessons on your timetable will involve Individual Work, Social Time, Main Lesson, Art, Literacy, Music, Gardening, Cooking and off-site activities such as projects in the local community.

At break time, there will be a choice of snacks and time to go outside and enjoy the grounds. You will have work experience and the chance to meet other pupils and staff in Afternoon Group sessions – for example Candle making, Eurythmy therapy, Drama therapy, Art therapy, Work Experience at Watch Oak Farm, Baking, Hand Work, Pottery and independent living skills.



Children and staff preparing food together in the schools kitchen.

MEALTIMES AND NUTRITIOUS FOOD

At the Sheiling School during the week we have a school cook, who makes everyone's lunch. The food is healthy and locally sourced where possible. Our cook orders fruit and veg from a locally based organic food provider, our meat and dairy products are provided by an organic farm in Somerset. The cook caters for special dietary requirements, such as vegetarian, vegan, gluten-free and dairy-free.

Most of the children eat together with their staff and housemates. You may find this too busy so you can choose to have your meal in a quieter place. There are menu boards in each house letting you know what's for lunch. You will also be encouraged to make your own choices and prepare your own meals and snacks. At the weekends and in the evenings, the staff will help you cook meals and prepare food and drinks.



Children can help out as much as they can in the kitchen preparing food and learning new skills for the future.

As part of the Camphill/Steiner tradition we all take part in 'Circle Time' before each meal. This is when we all sit quietly together for a moment of calm before standing in a circle around a table with a lit candle resting on a piece of coloured felt representing the colour of the day.

We all then say a small verse and hold hands and greet each other. This helps you prepare for the meal and relax during the busy day. We usually eat together with staff and children as mealtimes are a good opportunity to socialise with your fellow housemates and staff.



Applying new skills and helping out in the kitchen.



Enjoying snack time after school at the dining table with staff.

ACTIVITIES

After school and at weekends you can do lots of fun activities, both in and off the school site. You can do things alone or in a group. You can go swimming, cycling, for nature walks, bowling, skate park, swings, use our adventure play equipment, music, horticulture, art and craft and much more! You can also go out into the wider community and visit places, such as Bristol Harbour side, Blaise Castle, Ashton Court, city of Bath, Weston-Super-Mare and Bristol Zoo.

In the school holidays, we plan bigger activities and often go out for the whole day. We like to challenge everyone to try new activities, increase their self-esteem and independence skills.

Some children are able to attend music festivals, which can be very loud and crowded. We will ask you what activities you like and will try to plan them for you.



FACILITIES

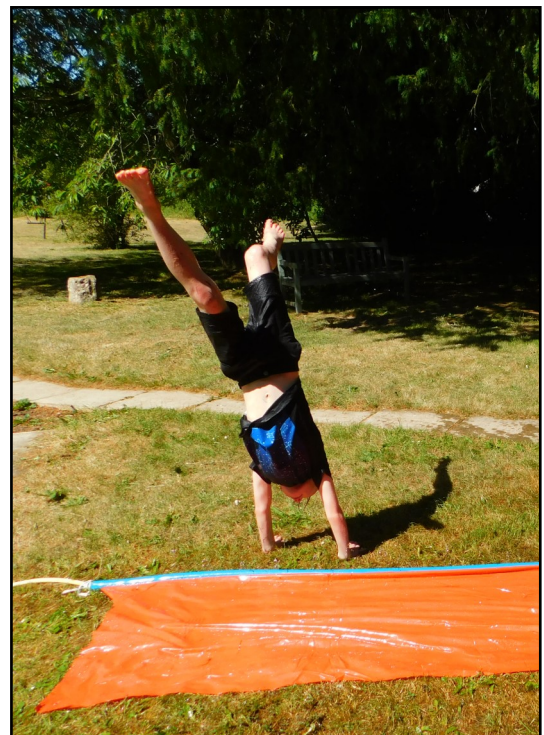
We have about 30 acres of grounds for you to explore, with lots of play-ground equipment and space to enjoy. Our on site facilities include a swimming pool, sensory garden, school gym hall, kitchen garden, allotments, bush craft areas, nature trail and lots more.



Enjoying the swings in the grounds after school.



Relaxing in the school's own swimming pool.



Water play in Halliers garden.

THE LOCAL COMMUNITY AND FURTHER AFIELD.

You can also access lots of other activities in the local area. You can choose from; local shops, cafés, leisure centres, swimming pools, Bristol Zoo, play parks, bowling, go-karting, cinemas, National Trust properties, to suggest a few.

You can use public transport to go into Bristol. You can also use our mini-buses and cars and go on regular outings to places you choose.



A bit of friendly completion between children and staff at a local Go-Karting centre.



Taking a trip to Gloucestershire Wheels for all during the holidays.



Enjoying a local festival

FESTIVALS AND THE SEASONS

Throughout the year, we celebrate many festivals. You can join them if you choose to. The Steiner calendar enjoys many festivals throughout the year to celebrate the change of the seasons and different Saints. This helps people get together to have fun, do crafts, eat good food and socialise.



The Advent Spiral at the beginning of December.



Felt crafts to celebrate
Candlemas in February.



Crayon drawing of a summer butterfly

HEALTHCARE AT THE SHEILING SCHOOL

At the Sheiling School, we have a school nurse to help look after you. There is a local Health Centre in Thornbury and we can take you to appointments to see your doctor. If you take any medication care staff will help you. We will help you be as independent as possible with your medication.

THERAPY AT THE SHEILING SCHOOL

You will have access to a number of therapies at the School. This is a big part of what we offer to our young people as it makes you feel good. All the therapists work together in the house and school, to help support you.

Here are the therapists you will meet at The Sheiling:

Nayasa and Anni are our Speech & Language therapists



Holly is our Occupational Therapy Assistant



Jade is our Therapeutic Assistant



Francisca is our Massage Therapist



Luke is our Drama Therapist



Brenda is our Eurythmy



CONTACT AND VISITS HOME

Each house has a landline phone, mobile phone and laptops you can use to contact your friends and family. You can also use FaceTime, Zoom or send letters.

Family and friends can visit the school after school and on weekends.

HAVING YOUR SAY

Every term the children in the school get together in the Young People's Council to look at different things to do and ways to make things better for the children. You can make choices about improving everyday life at the school and in the houses.

You can attend the residential Children's Meetings which are held at the end of each month. You can all look at upcoming events or talk about things you want to do or find out about. You can help plan new activities, join a club, share ideas and help us provide things for you.

We want you to be involved in decisions and plans about your life.



In the school holidays we hired two bouncy castles to play on.

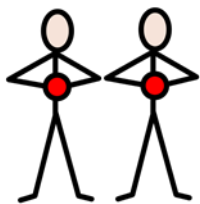
BEING SAFE

Keeping you safe is our top priority. We have a Safeguarding Policy, which helps to keep you safe all the time. We have posters around the school and houses so you know how to ask for help or your staff will be your voice and help you report any concerns.

We have a E-Policy to keep you safe online and your staff can help you stay safe, as lots of the children like to use their IT devices in the home.

If you need to make a Complaint: we have a Policy you can follow with help from staff.

Or if you are feeling worried or unhappy you can speak to anyone in...



OUR SAFEGUARDING TEAM



If you have any concerns please speak to the best person for you or speak to any member of the care team.

Vick



Syl



Noah



Dean



Fergus



Helping you have a voice

We will also encourage you to have an Advocate. This a person who helps you share your feelings and needs. They will visit and get to know you and will represent you at your reviews.



complaint

You can also make a Complaint if you are not happy about anything we do. We will help you do this.

You can share your ideas in your Children's Monthly House Meeting too, on how you want the houses to work for you.

We want to hear your voice!



Home



Meetings

MORE SAFETY INFORMATION

If you are unhappy or upset you can speak to one of our Safeguarding team, or get help from a care staff member to voice your needs. You can make a Complaint. You can have an Advocate. Details are in your Welcome Pack.

You can also contact the 'Children's Commissioner for England'.

They offer advice and help for you as you are living away from home. If you have any questions or need advice you can telephone 0800-528-07831

The address and location is; Children's Commissioner for England, Sanctuary Buildings, 20 Great Smith Street, London SW1P 3BT

Ofsted the governing body for schools and children's homes can be contacted on: 0300 123 1231

or emailed at: Enquiries@ofsted.gov.uk

or call ChildLine: 0800 1111

VISITING THE SHEILING SCHOOL:

If you and your parents or social worker would like to visit the school, before you move in, please contact the Main Office and a date will be arranged for you to be shown around the houses, school and grounds.

You can find out more about the school by looking at our website or by contacting us:

Telephone: 01454 412194

Email: mail@sheilingschool.org.uk

Address: The Sheiling School, Park Road, Thornbury, BS35 1HP