

SUTHERLAND HOUSE SCHOOL

School Newsletter

Spring Term 1 2026

AEM

Sutherland House School

Written and collated by Phoebe Doyle,
with the help of our students.

School Notices:

Future Sporting tournaments and events for the diary include:

- KS3 Handball Tuesday 3rd March
- Inclusive School Games at Nottingham University Tuesday 17th March
- Last day of term 13th February and school starts back 23rd February

Key Stage 3 Multi-sports

Sutherland House School were invited to participate in a Key Stage 3 Multi-sports event consisting of: Dodgeball, Handball and Kurling organised by Notts Active. The date and place of the event was: Tuesday 3rd February at, Harvey Haddon sports centre in Bilborough, Nottingham 9.30am – 12pm.

Due to the amount of schools who signed up to the event, Sutherland House School were placed in a round robin tournament against: Foxwood Academy, Quarrydale School and Nethergate Academy.

This was the first time some of the students had played at a multi-sports event. The students represented the school in a very positive manner, displayed great teamwork and played the game fairly and to the rules. The students who represented Sutherland House School for this tournament were four from Class 7 and two from Class 8. All the above participate in core PE lessons at Sutherland House School these tournaments are evidence for the PE Life Skills Award.

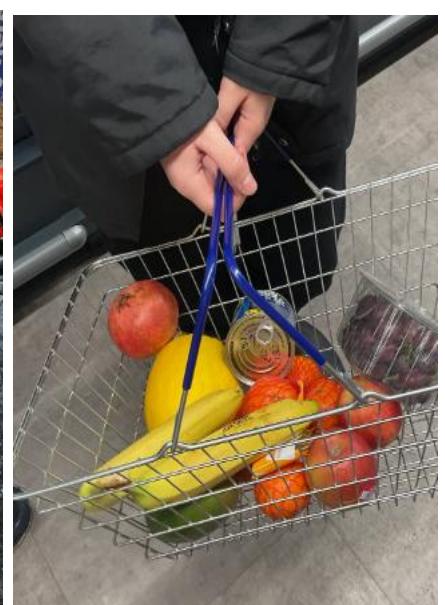
Local community Notices:

- Create your own tiny planet- Lakeside Arts, University Park, NG7 2RD (15th Feb)
- Children's Bread Baking- Green's Windmill and Science Centre, Windmill Lane, NG2 4QB (21st Feb)
- For more events:
[Welcome to
Nottinghamshire, UK -
Home of Robin Hood](http://www.visitnottinghamshire.com/things-to-do/activities-and-attractions/visit-nottinghamshire-home-of-robin-hood)



Preparation for adulthood

KS3 and 4 have been looking at our local school community and balanced diets this half term. Pupils have been exploring road safety, planning a journey, following a map, grocery shopping, making balanced food choices and who can help us when we need help. Here is a collection of pictures from these learning opportunities!



Gareth Baker visit

Author Gareth Baker recently visited Sutherland House School to host an exciting workshop all about superheroes and what it's like to be an author. During his visit, he shared insights into how he creates his characters, builds thrilling storylines, and finds inspiration for his books. Pupils had the opportunity to explore their own superhero ideas, thinking about unique powers, secret identities, and daring adventures. Gareth also spoke about the writing process, encouraging students to use their imagination, believe in their ideas, and enjoy the journey of storytelling. The workshop was an inspiring and creative experience for everyone involved.



PE – KS4 Inclusive Handball tournament

On 15th January at Harvey Haddon Leisure Centre in Nottingham seven students represented Sutherland House School in a Key Stage 4 inclusive indoor Handball tournament organised by Sports Nottingham. The seven students were from classes 16, 15 and 13. They were supported by familiar staff and their participation in the event is evidence towards either their ASDAN or OCR PE accreditation.

Sutherland House School played five competitive games against other SEN and mainstream schools from Nottingham and Nottinghamshire. Results as follows:

Sutherland House School 7 Foxwood Academy 2

Sutherland House School 2 Christ the King 9

Sutherland House School 7 Oakwood 6

Sutherland House School 6 Ellis Guilford 6

Sutherland House School 7 Park Hall 5

This was an excellent win loss ratio, and the players can be very proud of their efforts. The games are always very well organised and structured and were marshalled by Sports Nottingham and leads of PE from all the schools.

In the final game we had a rematch against Foxwood (who had not won a game all tournament) and our students unprompted spoke with their PE Lead and agreed to have less players on the pitch and only use their non-dominant hand to pass and shoot. The PE Lead from Foxwood was highly complementary about the student's maturity, sense of fairness and sportsmanship. This was incredible to see and all the staff supporting the event are very proud of how they have represented the school.



Deflect and protect

Deflect and Protect CIC was founded in February 2024 by Alistair Barfield as an extension of his previous work in media literacy. The organisation is a digital harms training provider that promotes the benefits of the internet while addressing its risks. In its first year, Deflect and Protect has delivered training sessions across the UK to local authorities, academy trusts, violence reduction partnerships and the Home Office, reaching over 3,000 participants and receiving 100% positive feedback. Alongside this, the organisation has undertaken consultancy work to help improve the criminal justice system for neurodivergent individuals and to develop neurodiversity-friendly training environments.

As part of its ongoing outreach, Deflect and Protect delivered a dedicated online safety workshop at Sutherland House School for both parents and students. The session explored the risks and benefits of the digital world, offering practical guidance on recognising online harms, understanding vulnerability to radicalisation, and making safe, informed choices online. The workshop encouraged open discussion and provided families with strategies to support young people in navigating the internet confidently and responsibly. The session was very well received, with positive feedback from both parents and students.



Assemblies

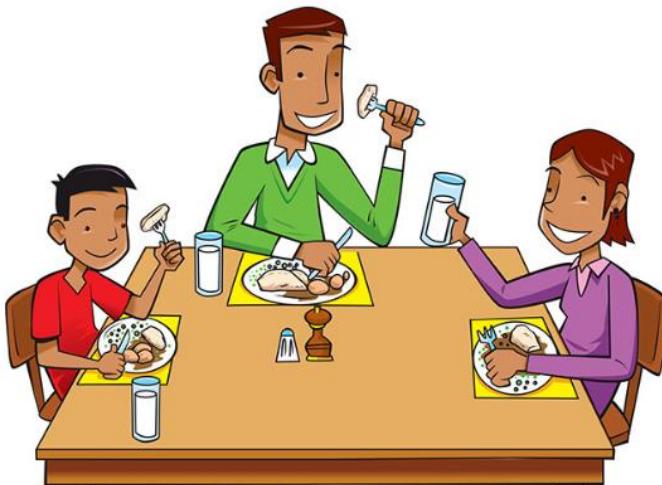
This term, pupils have been exploring the following themes in assembly: New Years, RSPB Big Bird Watch, World Religions Day, Burns Night, Children's Mental Health Week and Safer Internet Day.

For Children's Mental Health Week, pupils were challenged to take part in Place2Be's 'This is my place' art project. Pupils created a map of everything that belongs in their world. In assembly, pupils were encouraged to share what belonging means to them, share differences and similarities to the person sitting next to them and do an act of kindness to ensure others feel welcome. Pupils were very mature and had some wonderful interactions with each other. Here is a brilliant example of 'This is my place' project from a pupil in class 11.



Lunch with your child

Sutherland House School recently welcomed families for a special “Lunch with Your Child” event, giving parents and carers the opportunity to share a meal alongside their children during the school day. The occasion created a warm and friendly atmosphere in the dining hall, with lots of smiles and conversation as families enjoyed time together. It was a wonderful chance for parents to experience the school’s lunchtime environment firsthand and to connect with staff and other families. The event was a great success and was thoroughly enjoyed by everyone who attended.



Positive Social

Positive Social, an organisation dedicated to helping young people survive and thrive in today’s social media world, recently visited Sutherland House School. With a vision to work with every school in the UK, Positive Social aims to empower students to use social media in a positive way while equipping them with the knowledge and skills to avoid its potential pitfalls. During the visit, students took part in engaging and informative sessions that explored healthy online habits, digital wellbeing and practical strategies for navigating social media safely and responsibly. The sessions were well received and provided valuable guidance to support pupils in making confident, informed choices online.

