



Mark Rutherford School

# Nightingale Centre News

**“The school is a very tolerant and inclusive community. The Nightingale Centre, for pupils with autism spectrum disorder (ASD), is well integrated into the life of the school. This helps support all pupils’ appreciation of diversity”. Ofsted, March 2020.**

## Introduction



Welcome to the latest edition of our newsletter. This school year has been an extremely busy one with six new students joining us, our Year 11 and 13 students sitting exams and assessments for GCSEs and Entry Level Certificates and Year 10 and 12 students busy taking their mock exams.

Our students have been on some amazing trips this year including: Safari MK, Mr Mulligans Pirate Golf, The Centre for Computing History, Hollywood Bowl and a cinema trip to see the new Super Mario Bros. movie. Before the end of term we also have an Ark Farm visit and trip to Woburn Safari Park to look forward to!

During Autism Acceptance Week we organised activities in school and raised money for Autism Bedfordshire. It was a fantastic opportunity for the Nightingale Centre to raise awareness and acceptance of autism in school, it was also lots of fun.

In addition to this we have been busy organising transition visits for the new students joining us in September, we enjoyed meeting them on their visits to us and in their own schools.

### Inside this issue:

Trip to the computing museum	Page 2
Lego therapy	Page 2
Hollywood Bowl Trip	Page 2
Pirate Golf Trip	Page 3
Joining the sixth form	Page 3
My time at Mark	Page 3
Autism Acceptance Week	Page 4
Living wreath	Page 4
And finally...	Page 4

## My first year at Mark Rutherford School by Attila

I felt a bit nervous and excited before I started at Mark Rutherford School, but I shouldn't have been because it has been great.

The Nightingale Centre is a nice place where I feel happy. The staff are nice and help me in my lessons. My favourite lesson is Maths, Miss Halsey makes lessons fun and she is very kind.

My favourite times have been when I have been on trips out of school. Safari soft play was my best trip, I really liked the ball pit.

I am looking forward to meeting the new students starting in September. My advice would be to tell them not to be nervous and to just enjoy themselves.

The students at Mark Rutherford are really friendly and if you need help the teachers are nice and will help you.



Cooking



At Safari Soft Play

*“My favourite lesson is Maths, Miss Halsey makes lessons fun and she is very kind.” Attila*

## My Trip to The Centre for Computing History by Jai

I went to the Centre for Computing History in Cambridge. Mrs Arnott took a group of us in the minibus which was fun.

We went on a tour to find out the history of computers, we did some programming on Twine and then played some old computer games. The old computer games were very different to the ones we play now.

I liked the 1970s office they had set up, it was interesting to see as it was like going back in time. It had a typewriter, an old Commodore Pet computer and a big printer.

I really enjoyed the trip and the day seemed to go very fast. I would like to go again.



Outside the Centre

*"I really enjoyed the trip and the day seemed to go very fast."*  
Jai



Programming using Twine

## LEGO® therapy



*"I love Lego lessons! I liked building a chair for an alien."* Myles

*"I like playing with Lego and building things I like."* Tyrese

LEGO®-based therapy is an approach that aims to develop social communication skills in autistic children, such as sharing, turn-taking, following rules, using names and problem-solving.

The Nightingale Centre runs sessions which are structured carefully to take place in stages, the different stages of building work range from stage 1 to stage 4. The first stage is one-to-one with a focus on building the competency to construct LEGO® with a communication and language focus, this then progresses to group work and creative builds.

In group tasks each student is assigned one of three roles: builder, engineer or supplier, the idea is then to work together to build from a plan. The sessions have been very successful and the skills learnt have helped students to better engage with peers, share experiences, and collaborate. We look forward to running more sessions in the future as the outcomes have been so positive.



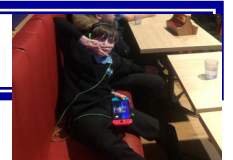
## Hollywood Bowl Trip by Noah

On Tuesday 28<sup>th</sup> March I went on a reward trip to the Hollywood Bowl in Milton Keynes. I went with students from my year and Mrs Hicks who works in Nightingale.

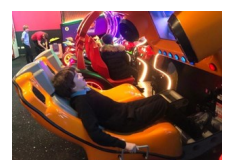
We played bowling and went to the arcade, it was lots of fun. The arcade was my favourite part, I liked playing the games.

At lunchtime I had a hotdog which I didn't like, but luckily I had my lunchbox with me so it was ok.

I enjoyed going on the trip and would like to go again, I liked being out of school with my friends.



*"I liked playing the games."*  
Noah



## Mr Mulligan's Pirate Golf Trip by Austin



In October I went with a group of students from Nightingale to Mr Mulligan's Pirate Golf and outdoor Golf Centre in Milton Keynes. It had a pirate-themed 18 hole adventure golf course, plus a driving range and pitch and putt.



*"I really enjoyed the trip and got a hole in one!" Austin*

I really enjoyed the trip and got a hole in one! I enjoyed being out of school with my friends and playing all the holes. It was a fun day and I would like to play golf again.

## Joining the Sixth Form by Jacob

I started sixth form this year. I didn't initially want to stay here but I'm glad I did because the subjects are quite interesting.



I'm studying Maths, Physics and Computer Science, which I am really enjoying. I go to lessons on my own and I get on with the teachers.

I have found that sixth form is really different in a good way. I like the fact that I can be independent and I can home after all my lessons are done. I don't need much support from the staff in Nightingale now, but I know they are there to help me if I need it.

I would like to go into web development or accounting after school. I feel like an apprenticeship would suit me when I finish school and I also have a desire to travel.

I would recommend the sixth form to others. I feel very supported in Nightingale and the main school. I hope that others who stay on in Nightingale have as much fun as me.

*"I feel very supported in Nightingale and the main school.."  
Jacob*

## My time at Mark Rutherford by Matthew



I felt a little lost when I started at Mark Rutherford, I had experienced so much change in my life and didn't know what to do. It took me a little time to settle but I learnt new things, met new people and had the support when I needed it.

I have learnt so much and have had so many opportunities here. The staff have been lovely and supportive. I feel I have grown and matured a great deal.

Although my time has been positive here, I look forward to leaving as I feel the time is right. I have made some good friends and will make sure I keep in touch.

I am going to ALTR RISE provision in September and I look forward to every new day. The future is bright and being here has made me more positive.

My advice for any new students would be to relax, people do not mind you being around them and you need to give yourself time to settle in.

*"I have learnt so much and have had so many opportunities here."  
Matthew*

## Autism Acceptance Week



National  
Autistic  
Society

World Autism  
Acceptance Week  
27 March - 2 April 2023



Cake sale

Autism Acceptance Week was on 27 March – 2 April this year, the aim was to draw attention to the 700,000 people living with autism in the UK both to educate those unaware of the condition, and to help make the world friendlier to those who are affected by it.

As part of Autism Acceptance week the Nightingale Centre supplied tutor time resources to help build understanding and acceptance in school. We also ran a staff tuck shop, held a cake sale, a flower raffle, guess how many sweets in a jar and name the teddy bear competition to raise money for Autism Bedfordshire. We had lots of fun and managed to raise a grand total of £234.20!



## Living wreath session

On Monday 27<sup>th</sup> March, as part of Autism Acceptance Week, students in the provision were given the chance to take part in a living wreath session with Lydia, a local florist.



The living wreaths were fairly easy to make and lots of fun. Students had the choice of having their plants in a tub or as a wreath, and took time choosing the plants they wanted. Everyone was pleased with the end result and a lovely, creative lesson in plants was had by all!

Making wreaths

Lydia kindly donated two floral displays for our school raffle and the money raised was donated to Autism Bedfordshire.



## And finally ...

We would like to wish our current Year 11 and 13 students: Caydn, Matthew, Rio and Elliott, the best of luck with their GCSE and Entry Level results in August. All of our students have worked hard this year and should feel very proud of themselves.

In September we look forward to welcoming our current students back and also five new students— Evelyn, Kieran, Marcus, Oliver and Oscar.

Mrs Templeman is currently on maternity leave, we wish her all the best and look forward to her visiting with her new baby next term. Mrs Field will be covering her class until she returns and has already made visits to work with some of our students.

Please have a restful and enjoyable summer break. Autumn term begins on Tuesday 5th September.

