

# Blue Class

This term, we have been very busy! We have had Judaism week, swimming at QMC, the secondary performance, science day, healthy eating week and sports day. We have really enjoyed experiencing and learning new things.



# Food Technology

In Food Technology we have been planning, making and evaluating smoothies. We had some very interesting combinations, including, milk, chocolate and cheese! We learnt that not all combinations taste nice and some don't even pour into a cup. As the weeks went on, we improved our recipes to make sure we enjoyed the result.





# Speaking and Listening

In English we have been working on talking in front of a group. We have been using the karaoke machine to sing our favourite songs. This has really helped our confidence, on stage in the secondary play, and talking in front of the class.



# Yoga

This term, we have been learning how to keep our bodies and minds healthy. In Healthy Eating Week, we spent a day learning about how yoga and mindfulness can help us to relax.

We would like to say a big THANK YOU to SoPhysical who kindly donated a full class set of yoga mats. This means we all have our own, comfortable space to practice our moves and relax in.

Secondary classes have been using them weekly and the students have been learning how to get ready for sessions and tidy up after. The feedback from students has been very positive and they say they feel much calmer after a yoga and mindfulness session.

