

Fosse Way House



All About

Fosse Way House

A Guide for Students



All About Fosse Way House



We want every student who stays at Fosse Way House to be happy and to enjoy everything there is to offer. This guide will explain what happens and the things you will do when you stay here.

Before you come to stay at Fosse Way House you can meet Jason the Residential Education Manager. He can show you and your parents around and answer any questions any of you may have. He will be able to tell you all about what happens and all the different things we do.

Before you start at Fosse Way House, Jason will meet with your parents and you if you want to be there to talk all about you. What you like doing, what you don't like, any help you need etc. Jason may come to your home or he may meet you all at Fosse Way House. He will also let you know who your key worker will be.

Before you start at Fosse Way House you will have a chance to meet the other students and the staff who work there. You can come for tea and join in some activities before you stay the night and get used to everything.

When you first stay you may want to just stay for the evening and go home, or you may want to sleep for a couple of nights per week before you stay for the whole week. You and your family can decide with Jason the best way that suits you when you start.

Your bedroom will be decorated as you want it, you will be able to choose what colour you want. You can bring things in from home to make your bedroom just how you want it. Staff will take you out to choose a poster and a duvet cover if you want or you can choose these online.

You may want to bring things from home to decorate your room, things like:

Photos of your family, friends and pets, pictures or posters for your walls



Toys

Books

Consoles/Tablets

TV



Your family can help you decide what to bring.

Remember: you will go home every Friday after school for the weekend. You will not be able to take everything home with you every weekend.

Your bedroom will be your own private space and staff will always knock before they come in.

Activities



After School

Every day at 3.00pm you will come up from school to Fosse Way House. After you have got changed into your clothes for the evening you can choose a drink and a snack and then you will have some time to relax and choose what you want to do next.

You can choose to:

Watch TV or a DVD in one of the communal living areas.



Play a board game with other students or staff.

Play on the Nintendo Wii.

Do a jigsaw puzzle.

Create some art work.



Relax in your bedroom.

If you find it difficult to find things that you would like to do, staff will help you find something and make sure you are happy. After snack time some students will help to prepare and cook the evening meal for the rest of the group, we all take it in turns to help with this.

Some students attend after school clubs like Yoga or cooking club.

If the weather is nice you may go for a walk into the local town or along the cycle path, you may visit local shops and have a chance to spend some of your pocket money or you may go on the playground to ride a bike or play ball games.

You may go on a minibus trip somewhere.

Or you may do something within school, like going on a laptop/iPads, arts & crafts, go to the sensory room or go swimming in the pool.

There will be time throughout the evening to spend time relaxing in your room, staff will help you to find something to do if you find this hard.

Staff will also help with any homework you may have.

Before bed time there will be the chance to watch TV or a DVD with your fellow students.

There will be lots of activities happening throughout the week to keep you busy and to make sure you are having a good time while you stay here.

Activities



Evening Activities

In the evenings you will be in a group with 3,4 or 5 of your fellow students. 1 member of staff in particular will be there to support you, there will 2 or 3 members of staff in your group. You will see who you are being supported by that evening on the display board when you come up from school.

Different activities are planned for each day, you will know what you are doing each evening at 3.15pm.

There will be times that you will have help to develop your independence, social and self-help skills. You will have a member of staff who is your key worker who will help you work on this.

These include:



Shopping for things

Cooking

Using the telephone

Making your bed

Hoovering

Using the washing machine



We do lots of different evening activities, including.

Computers

Multi-Sports sessions

Arts & Crafts

Swimming

Ten Pin Bowling

Walks

Cinema



We have at least two groups each evening that do different activities. If you don't like doing certain things we will make sure you are not in that group.

There will also be plenty of time for you to relax at Fosse Way House and have some free choice time.

Personal Care



All students will have help at levels appropriate to them with the morning and evening personal care routines and there will always be help provided where needed.

You will have a wash every morning before breakfast and a bath or a shower every evening after the activities (or sometimes before if we are arriving back later).

You will clean your teeth after breakfast and before you go to bed.

Staff will be there to help you remember what to do or help you if you need it.

We have schedules that you can follow to help to remind you what you need to do and when to do it.

Staff will always respect your privacy and will only help you if you ask or if you need it.

Female members of staff will always help female students.

Male members of staff will always help male students.

You can bring toiletries from home or you can use your pocket money to go to the shops to choose your own with a member of staff.

All of your toiletries will be kept in your bathroom in your own personal box so they don't get mixed up with the student who you may be sharing your bathroom with.

Girls will be given support and guidance with their monthly periods from female staff.

Every day after school a member of staff will help you get clean uniform or clothes ready for the next day.

They will help make sure you have clean underwear every day, clean clothes and that your shoes are clean, staff will help you wash your clothes if you need to do any washing.

Staff can also help you choose appropriate clothes for the evening activities if you need them too.

Once a week you will change your bedding, staff will help you to do this if you need to.



Food



There are lots of different meals you will be able to try at Fosse Way House. If there are things you don't like or have allergies to then we will make sure you don't have them. You can always choose what you have to eat from the menu choices.

Breakfast is served from 7.15am to 8.00am. You will have a choice of things to have.

Lunch will be the same as when you are at school, 12.20pm. You can choose what you want from the canteen. If you prefer a packed lunch your family can send in the food or provide the money for staff to take you shopping and will help you make it every evening ready for school the next day.

Snack time is at 3.15pm after you have finished school, have got dressed and done any household tasks that need to be done. You can choose what you have to drink and there will be different options to eat.

You will have a choice of two different meals each evening, you will choose what you want before you go to school in the morning.

Every day some students help to prepare the evening meal, this involves chopping vegetables and cooking some things. Tea on these days can be at different times depending on what activity is taking place.

We have all of our meals in the Fosse Way House dining room.

If you are still hungry before bed time there will be time to have some supper. You may have bought something in the evening that you would like to eat.

If there are foods that you really don't like or if you have a particular diet then all of this will be catered for.



Pocket Money



Your family can send in pocket money each week, termly or as and when you need it.

Your key worker can let your family know if you need any more pocket sent in.

Your pocket money will be kept in a locked drawer in the office and will all be recorded on a sheet so we know how much you have spent and how much you have left. Staff will give you your wallet or purse when we go out.

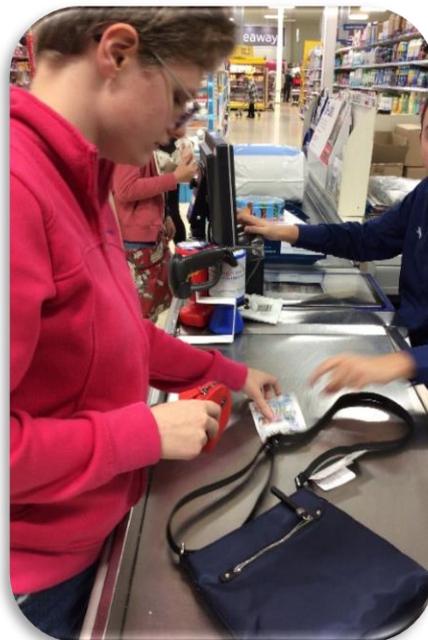
If you want to be responsible for your own money you can keep your wallet or purse in your room. Staff will help you to plan and budget.

Sometimes we go to the shops, when we do visit shops you can buy things like comics, magazines, sweets, something for your bedroom or toiletries if needed. What you spend your money on is up to you.

Staff will help you pay for things and to make sure you are supported where needed.

On some visits to the shops you will not always have the chance to buy things for yourself, we may need to buy things for Fosse Way House such as items for cooking, new crockery or new bath towels. It will be great if you can help with shopping like this by helping to choose and helping to carry things.

There will also be opportunities to visit cafes and restaurants where you will be able to choose what you would like to eat and to pay for it at the counter. Again, staff will help you do this.



Keeping Safe



All the staff at Fosse Way House will make sure that you are kept safe while you stay here.

When you get up in the morning there will be 2 or 3 members of staff on duty to help you get ready for school.

After school there will be members of staff to work with you throughout the evening.

When you go to bed there will be 2 members of staff sleeping at Fosse Way House and 1 member of staff who will stay awake all night in case you need anything.

You will also be told who your key worker is, you can talk to this person about anything. If your key worker is not working then you can talk to any member of staff that evening.

It is important for staff to always know where you are and that you are safe.

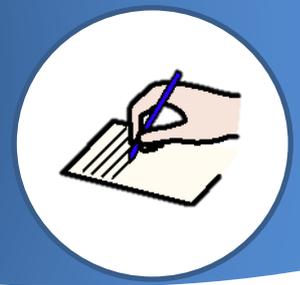
If you are not happy doing an activity then you must tell a member of staff, they will try to help you and sort any problems you may have. You must not just leave, staff need to know where you are at all times.

If you leave the school premises without a member of staff or run away whilst on a trip this is called absconding and is very serious.

If you go missing the staff team will look for you, they will also tell Jason who will then phone the senior leadership team and your parents. If we cannot find you we will ring the police and social services.

We want you to be safe at all times.

Student Complaints Procedure



There may be times at Fosse Way House when you are feeling sad or worried.

You may be cross with another student or a member of staff.

Usually another member of staff can help to make things better by talking to you.

You can talk to any of the Fosse Way House staff or staff in school.

If you still feel unhappy you can talk to Fiona Moody or Beverley Craney. Fiona is the Acting Head teacher and Beverley is the designated Governor who oversees Fosse Way House. Their contact details are on the student noticeboard in Fosse Way House.

If your complaint is serious and can't be sorted out straight away then a member of staff will write down what you say. They will then meet with Jason, Fiona or Beverley to talk about what is wrong and the best way to make things right for you.

If you wish to talk to someone who doesn't work at Fosse Way School, you can contact Natalie Hanna who is the Head of School at The Mendip School or Tom Lovell who is Senior Assistant Head at Milestone School. Their contact details will be on the noticeboard in Fosse Way House.

Sometimes we will need to tell your family what is wrong.

We will do everything that we can to make sure that you feel happy.

If you want to make a complaint to OFSTED call 0300 123 4666 or email: enquiries@ofsted.gov.uk
You can also contact the Children's Commissioner for England in case of problems or distress on 020 7783 8330 or email: <https://www.childrenscommissioner.gov.uk/about-us/contact/>

If you feel you need help urgently, you can call Childline on 0800 1111