



It's time to write  
a new chapter...

EDUCATION  
**Tute**



Shelf Care  
English Society



Half Term One

# Shelf Care English Society



**Creative Writing, Creative Thinking**



**WRITERS DREAM DEEP WITH EYES OPEN**

## GUESS WHO'S BACK?

Back again.

## WHAT IS SHELF CARE?

Hey and welcome or welcome back to Shelf Care @ Tute. Are you sat thinking 'what is this?' Well I have answered! Shelf Care is a writing club at Tute run by the English Department. We encourage you to submit a piece of creative writing - any kind of writing - to your teacher to show how you are using your words and being inspirational and developing a voice. We showcase it in this newsletter - take a look and have a go! The future is YOU!

## HOW DO I GET INVOLVED?

Complete some creative writing! It can be a piece you're proud of in lesson or something you've worked on in your own time. It should have a title and include your name and year group. Send it to your class teacher who will pass it on to Miss Steffi. The work can be anonymous if you prefer, you can be a Hidden Voice. The newsletter is shared in class, on Bases, and on our website and you can submit as much or as little as you want in any theme, form or style!

**OH SIMPLE THINGS**

Where have you gone?



# Student Spotlight

What have you been doing?

## HARRY D. KS4 - TUTE'S BIG ISSUES REPORTER

### What are the exclusion rates for SEN students and what is the impact on their mental health?

Many SEN students have been excluded from mainstream schools, but their mental health has not been taken into consideration. The result of this is that many end up having even worse behaviour and could end up being excluded from specialist schools. This could mean that they end up in schools that only do essential GCSEs, which ruins their futures. One school said 'Children in this situation often find themselves isolated from the normal social dynamics of a classroom setting, impacting their ability to form relationships and engage with their peers, and potentially worsening any emotional or behavioural challenges they may already be facing,'.

#### Exclusion + Suspension Rates (2022/2023 spring term)

In the time frame given, a total of 3,039 students were permanently excluded from their schools, with 1,549 of these having special educational needs, being 51% of the students excluded in this time. Along with this, 263,904 students ended up with a suspension, with 111,625 of these having special educational needs, being 42.3% of the suspensions given.

#### Impacts on their mental health

As we already know, many students with permanent exclusions have special educational needs, but many of these don't significantly differ in emotional difficulties from neurodivergent students. But, the SEN students did have higher scores for difficulties with peers and attentional difficulties and lower scores for positive wellbeing. In relation to emotional difficulties, students who were permanently excluded from schools reported higher levels of stress, lower levels of empathy and helping others, and poorer problem solving, goal setting and emotion management.

#### Conclusion

In conclusion, we can see that many students are excluded from schools, majority of these being SEN students. Many students excluded from their schools end up having extremely poor mental health due to isolation from their peers. BUT, if SEN departments had the funding needed in mainstream schools, we could more than likely see that these rates for SEN exclusion would decrease massively.

#### Sources for info:

Catch 22      Gov.uk      Headstart      Community Fund

# Student Spotlight

What have you been doing?

## ANNALEISE, KS5

The leaves fell like our soldiers, the wind was silent like the crowd, we were all stunned by the sight of the fresh blood pouring on the stone cold stairs. The only thing I could focus on at this moment was the red bloody leaves staining the walkway I take to school. I couldn't move. I was stuck in this moment like everybody else, like we knew what was going to happen next, we knew that there is no room for hope. Only fear.

Everything will be different now, everything will be dark and dull. The light of life was taken out of me today just by one dead body, and I had a feeling that there was going to be more where that came from. Like that was going to be the new normal: seeing dead bodies on the way to school, seeing blood and lifeless people panicking and struggling to survive.

All of this in just one cold autumn month, proving it can change everything. All I could think about now was how the red autumn leaves will always remind me that autumn brings death and blood throughout whole month will bring the purge to hope...

## MIYA B, KS4

The aromas of the smoke lingered in the room like a freshly lit candle. There were ferociously loud bangs that echoed though the house making the dog howl like a wolf on a full moon. You could see the children cowering under the bed almost as if they were hiding for their life!

The writer describes the overall atmosphere as gloomy and spooky, i know this because it says "ferociously loud bangs which echoed through the house" This suggests that it's quite gloomy and spooky as people associate echoing with horror films. I also think this as ferociously loud bangs is quite an unpleasant phrase so it helps to create a gloomy and powerful atmosphere.





# Student Spotlight

## What have you been doing?

### LAYLA, KS3

At around 10pm, I had gone for a late night walk and came across this dark road; I saw the leafless trees, which the moon hid behind, the sound of the dirt under my feet, the taste and smell of the cold air. The hairs on the back of my neck were standing up, my senses were heightened and my muscles were tense like a spring trap about to go off at any second.

My breath quickened as I heard a howl, I was more tense trying to find a way out. A thousand thoughts ran through my head, scaring me more. I felt on the verge of tears as I heard another howl and a growl along with twigs snapping.

The sound became louder. It was like a trot. I saw dark eyes looming in the shadows, staring into my soul as if searching for my every thought. It let out a deep growl causing me to whimper.

It was a huge mysterious beast who lingered in the shadows watching my every move not taking its eyes off of me as if it were a beast stalking its prey. I was the prey.

The fog crowded the road and the beast let out a low growl bearing its teeth as if it's posing a threat. I take a step back and trip over a rock. The beast came out of the shadows: its silver fur glowing in the moonlight.

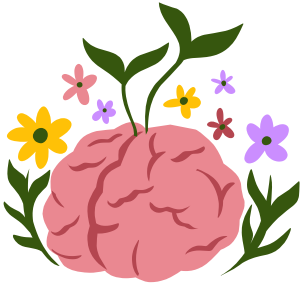
A sharp pain hit my back as I fell; the feeling stung rushing through my spine. I let out a groan, wincing at the throbbing in my back.

The beast was a wolf but not just any wolf, it was a big wolf. Its paws were bigger than my hands, it had a wet dog smell, and it was majestic. Its eyes were a bright yellowish brown, its silver fur reflected the moonlight, and the sound of its breathing was soft, just like its warm breath on my face brushing past my cheeks. I reached my hand out hesitantly but willingly. The feeling of its fur in between my fingers was soft and delicate, surprising me.

It was calming.

The wolf looked so real but at the same time, it didn't. It looked like a wolf but it was something else entirely.





# Awareness Check



## World Mental Health Day

### WHAT DID WE SHARE?

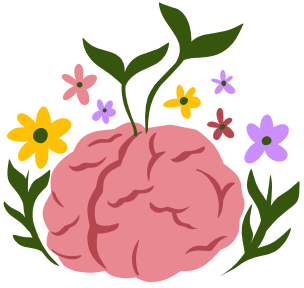
We asked a selection of the teachers in the English Department to have a go at the Thunks that were shared during World Mental Health Day! Check out their responses below:

Glass half full or glass half empty - which is preferable? I tend to go with Terry Pratchett's view - that I have a glass at all is a good thing, there are many people around the world whose glass has been wrenched from them, smashed, broken. Like him, I'm grateful, everyday, that my glass is in one piece.

I wish there was way more happiness than sadness in the world. In reality, I think overall it's probably very balanced. So my outlook is, if it's a 50/50 split, then one simple act of kindness from me, if it makes just one person (even a complete stranger) feel a little happier, then I've done my bit to tip the scales ever so slightly in the favour of happiness. Imagine if we all did that!!!

If I am having a bad day, I talk to my husband and spend time with my dogs!

In the words of Guns n Roses, just remember, when things are tough 'nothing lasts forever...even cold November Rain...'



# Awareness Check



## World Mental Health Day

### WHAT DID WE SHARE?

We asked a selection of the teachers in the English Department to have a go at the Thunks that were shared during World Mental Health Day! Check out their responses below:

If a pill existed that made you feel happy all of the time 24-7, would you take it? No. If you don't have any sadness then how can you really know and appreciate happiness? I think life should be about balance. No emotion is intrinsically 'bad' or 'good' - they just are. The key is to know that emotions are transient and 'this too shall pass' - not just the sadness but the joy too. We can build our resilience and coping mechanisms for if we experience difficult emotions and if we are really struggling help is out there.

I'm so thankful that I have my lovely son, cough, dog and two baby cats. My nutter friends, my weird family, my cousins who never fail to make me ache with laughter, my remarkably funny colleagues, the delivery guy who always texts to say he's popping a parcel in rather than disturbing my pooch by knocking (and then gives him a cuddle anyway), my neighbour who's now a close pal who walks my dog for me. It's funny, isn't it, that sometimes we may have those days when we question humanity but then when you look around you see these little moments of genuine care from people all around you? It's a like a big hug. Having a strong support system like this can really help with your mental health so look out for your family because sometimes you find them in the strangest places. #Findyourtribe

Does being mentally healthy mean you're happy 24/7?

No. I think being mentally healthy is knowing that it is okay to feel a full plethora of emotions and knowing how you can help feel better again. Feeling happy all the time would feel exhausting! The best thing I think you can do to support yourself through your mental health is to get to know you better and work with yourself rather than against yourself - especially if you feel the pressure to be happy all the time.

Recognising the wide range of human emotions is a vital part of being mentally and emotionally healthy. While certain feelings like sadness can bring us discomfort, it is still important that we recognise and accept these feelings as they can be a great indicator to understanding ourselves, our preferences, our hopes and disappointments. Consider emotions like riding a wave - sometimes it might feel like we are surfing and other times we're fighting the current, we can't control the water but we can certainly bring in things to help (maybe a friend that's a strong swimmer?).

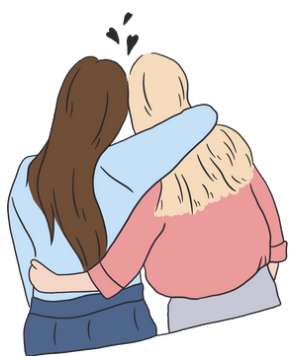


# Awareness Check

Transgender Awareness Month and  
 Anti-Bullying Week



## WHAT OUR STUDENTS WROTE:



### Why can friendship be so important to transgender people?

The importance of friendship is so significant, in our lifetime we choose our own friends. The journey in life becomes more memorable and interesting, it's the friendships in life that teach us to love, share, care, and importantly fight the odds. Friends are the people who accept you for precisely what and how you are, and we too can easily be ourselves in their company and also just being empathetic towards people understanding their choices and who they would like to be. - **Lois, KS4.**



Friendship, it can be used for many different things, like a bond of two people or more, where they share their interests and hobbies or even just normal conversations or even humour. Friendship is important for keeping that social environment around you. It gives a heartwarming presence like 'You look nice today' and 'So do you' lifting their spirits and making them feel more confident about themselves. It helps them feel supported and encouraged to be themselves and be how they are without hiding themselves. - **Ellie, KS4.**

## Author Spotlight!

### AIDEN THOMAS

Aiden Thomas is a New York Times Bestselling author with an MFA in Creative Writing from Mills College. Originally from Oakland, California, they now make their home in Portland, Oregon. As a queer, trans-Latinx, Aiden advocates strongly for diverse representation in all media. Aiden's special talents include: quoting The Office, winning Jenga, finishing sentences with "is my FAVORITE", and killing spiders. Aiden is notorious for not being able to guess the endings of books and movies and organizes their bookshelves by color.

Aiden's books are for 12-17-year-olds and include titles like The Sunbearer Trials, Cemetary Boys, and Lost in the Never Woods.







# Awareness Check

Black History Month



## WHAT OUR STUDENTS WROTE:

Imagine yourself in Morgan's position. Write a diary entry talking about his invention success and the struggles of being overlooked as a black inventor.

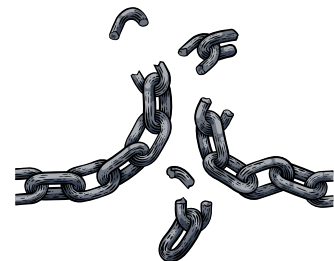


Dear Diary,

My name is Garret Morgan, I was born in 1877 in my hometown of Kentucky. My life was a happy but slightly weary start, I was born into a family of freed slaves, making me a free slave, being black in that time I was cast aside due to my skin colour. Resulting me to be only in education till I was eleven years old, despite that I had accomplished making gas masks, saving millions of lives due to a terrible disease that was being spread around the town.

Plus in 1922, I made a traffic light system, to help cars decrease the risk of crashes and accidents. Despite everything I had accomplished and invented, due to me being a slave and cast aside with my family, my identity was never taken account of due to all the things I made that are useful in today's generation and many many more! - **Ellie, KS4.**

In 1877, i had been born in Kentucky my mother and father were both made slaves and were living in complete disdain. Sorrow echoed in my heart for my parents. In 1912 i was elated to have accomplished my creation of the traffic lights, i was determined and diligent for this creation, to not only just help the roads, but to save lives too! - **Lois, KS4.**



## Author Spotlight!

### PATRICE LAWRENCE

Patrice Lawrence was born in Brighton and brought up in an Italian and Trinidadian household. Her first book for young adults, *Orangeboy*, won the Bookseller YA Prize and Waterstone's Prize for Older Children's Fiction. *Indigo Donut*, her second book for teenagers, won the Crimefest YA Prize. Both books have been nominated for the Carnegie Medal too. Patrice worked for more than 20 years for charities supporting equality and social justice. These themes (along with a serious amount of music) inform her stories. Patrice still lives in Brighton. She has written many amazing pieces for 9-17 year olds!

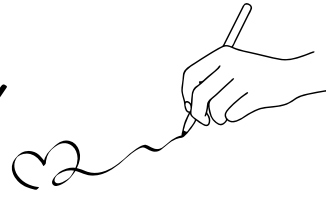
Check out an interview with her here: <https://youtu.be/3yFExEPMEv0>

'I want to write books that have hope in them.'





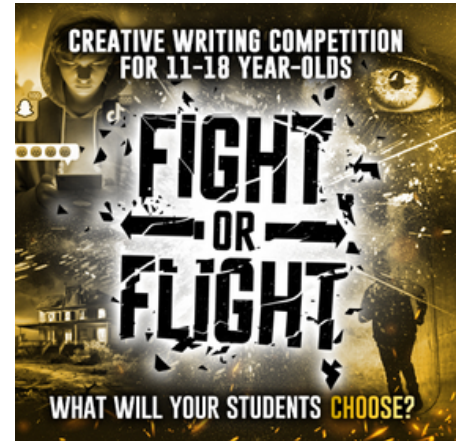
# Competition Time



## Fight or Flight?

Feel inspired to write a compelling mini-saga (a story told in up to 100 words) with Fight or Flight! You're invited to explore moments of decision and the consequences of choice. Will your characters flee and live to see another day, or face the situation head-on? You could write about life-or-death scenarios or everyday decisions, real-life experiences, or imaginary worlds - it's completely up to you how you interpret the theme. What do your instincts say?

**Closing Date: Friday 20th December.**



## Fright Club

A ghost story is a timeless classic style of creative writing and we're inviting you to write your own short story inspired by things that go bump in the night! You could be inspired by a real place that is rumoured to be haunted, choose a supernatural being to be the star of your story, or even be a ghost hunter telling us of their experiences. Use atmosphere, tension, and suspense to create your own hair-raising tale, then enter it & you could be published in a real book!

**Closing Date: Tuesday 31st Dec 2024**



## How to Enter:



To enter the competitions, follow the links below! You can email your entry, send it in the post, upload a file from your device, or create an account and write it directly on the Young Writers website.

Remember, Young Writers will judge the competition after the closing date on Friday 20th December and their Top Five Favourites will be awarded a £50 voucher and a trophy. For all those selected for publication, they will receive a certificate, and every participant will receive a bookmark.

## Find all the information here:

Fight or Flight: <https://www.youngwriters.co.uk/competitions/secondary-11-18/fof>

Fright Club: <https://www.youngwriters.co.uk/competitions/secondary-11-18/fright-club-1118-yearolds?view=ind>





## Coming Soon

On your Tute radar



### DECEMBER - JANUARY

Looking at our new prompt for Shelf Care in December and January we challenge you to write a truly **Winter Warmer**!

Our focus over these months will be on how we form positive connections and charity awareness. Join in and share with Shelf Care with a piece of creative writing that can warm our hearts during the winter. It might be a non-fictional piece about a charity of your choice, or it could be a short story on who you regard as family and how you all come together! Whether you rise to the challenge or prefer to write something in a different style, make sure you submit it to your teacher at the end of term on Friday 20th December.

I always donate to the food banks at Christmas. Even just a little bit here and there can go a long way!

I spend an hour at the local pub where they open the doors for people who are alone. We share stories and just talk.

Every Christmas Eve, I join a game with my friends and we play together to celebrate until midnight. Family can be chosen.

We still create shoeboxes at Christmas with essentials and drop them off at the community centre.

Ho ho ho!

Shelf Care  
English Society

November AND DECEMBER

RISE TO THE CHALLENGE THIS HALF TERM WITH OUR THEME:

*Winter Warmer*

WRITE ABOUT POSITIVE CONNECTIONS  
OR  
SPREAD THE WORD ON CHARITY AWARENESS

Submissions due:  
Friday 20th  
December!

# Shelf Care English Society

Creative Writing, Creative Thinking



**NEXT EDITION: DECEMBER - JANUARY!**

## FLOAT DOWN LIKE AUTUMN LEAVES

Ed loves a good simile

## FEEL ENRICHED!

You might have noticed Shelf Care is now celebrating more theme days and celebration months. You also may have seen these popping up more and more in your lessons. That is because we are raising awareness, building our enrichment and having a greater student voice so we would love to hear your views and ideas. Keep an eye on your lessons and keep sharing your insights to be a Shelf Care: Caring Advocate!

## SEE IT, WRITE IT!

How was your first term at Tute? I am sure there have been lots of great things you've experienced so far. There's definitely some examples of excellent writing in here and we would love to see more. Hoping to be inspired? As I write this I can hear the fireworks going off as it's our community Bonfire Night and it has been itching to write about being out in the chilling night air, listening to the echoing explosions and I can almost smell the fireworks. Put your pen to paper and write a description or report on a firework show near you!

## THE NIGHT IS SPARKLING

Bonfire Night with a BANG!