THE NEURO-BEAT

SPRING EDITION 2025

ALL THE MES I HAVE TO BE

KING'S HIGH SCHOOL

CONTENTS PAGE

PG.3 Foreword by Mrs Carter-Howell & Ms Wyatt

PG.4 Spring/ Easter Biscuit Recipe

PG.5 Who am I behind the Mask?

PG.6 Article on Masking

PG.7 Spring Cleaning Open Letter

PG.8 Neurodiversity Celebration Week 2025

PG.9 Neurodiversity Celebration Week 2025

PG.10 Celebration Assembly Speech

PG.11 Hot Cross Bun Recipe

PG.12 Neuro-Club themed Poem

PG.13 Spring Fruit Pavlova Recipe

PG.14 Spring Themed Puzzles

PG.15 Summer exams survival guide

PG.16 Easter Egg Art

FOREWORD

Welcome to our second exciting edition of the Neuro-Beat magazine. Following the success of our winter edition, we have been thrilled to have the opportunity to collaborate again with the King's High community to create our spring edition.

Since our last edition there have been some exciting events for the Neurodiversity community at King's High. We have led a Q&A session with staff and students, looking at how students can be supported further in the classroom.

We have also had the exciting opportunity to pitch ideas for a possible sensory circuit to Dr Burley. This project has involved collaboration with Evergreen School, and could be a very exciting development at King's High School.

The theme of this edition is 'All the Mes I have to be', a poignant and important theme to explore within the context of Neurodiversity. Masking is a common coping strategy which many Neurodiverse individuals utilise in order to feel safe in a variety of environments. As a community we feel it is important to raise the awareness of masking and the long term impacts this may have on someone.

After reading this edition, if you feel you would like additional support, please do reach out to our SEN team, the Neurodiversity Club, or a trusted adult in the school.

Best wishes, Mrs Carter-Howell & Ms Wyatt

SPRING BISCUIT RECIPE

BY CARA

INGREDIENTS

250G PLAIN FLOUR
85G GOLDEN CASTER SUGAR
175G UNSALTED BUTTER @ ROOM TEMP
250G WHITE ICING SUGAR
EDIBLE EYES
FOOD COLOURING

INSTRUCTIONS

Heat oven to 180 degrees fan oven or 160 degrees gas oven.

Put flour, sugar and butter into a food processor. Whizz until the mixture forms crumbs, then pulse a little more until it forms a ball.

Spread a large sheet of baking parchment over the work surface and place a little flour on the surface to avoid the dough sticking.

Roll out the dough with a rolling pin, and using Easter/ Spring themed cutters, carefully press into the dough. You may have to repeat this a few times to use up all the dough.

Carefully place the dough shets on the baking tray (with parchment) - evenly spread apart.

Bake in the oven for 10 minutes until pale golden. Then cool on a wire rack.

Place icing sugar in a bowl and gently add water to get the icing to a nice consistency where the icing won't run down the biscuit.

If using different colours, divide icing into different bowls. Colour each bowl of icing to the Easter/Spring themed colour you want. Add edible eyes to your characters.

ALL THE MES I HAVE TO BE

WHO AM I BEHIND THE MASK?

All the Mes I have to be,
So long now that I can't see
Who I'm really meant to be.
A teacher, parent or a wife,
Where is me in this life?
Am I sporty, creative, musical?
Who am I behind the mask,
Held so long I did not know
Neurodivergence lay below.

The actor in front of class,
Home from school,
Exhausted drop the mask.
With hindsight it is clear to see
This always was a part of me,
So my advice to you is this
Be yourself, don't try to shift
Your shape to fit what others wish.
Don't be the Me's you have to be
Be the Me you want to be.

ALL THE MES I HAVE TO BE

MASKING
BY JESS

Masking isn't just acting, a passing 'Oh, I'm fine thanks', it's a really difficult skill that Neurodiverse people have to excel at, or they are outcasted. It is so difficult to hear people say "Oh, she's smiling, so she's happy!" No. Smiling does not mean happy; laughing does not mean amused. It's really important to remember that Neurodiverse people spend hours of their time intently watching and rehearsing what they will say to everyone they meet, even their friends and family.

Masking is also much more tiring than it seems. There is a lot of physical and mental energy required to fit in, which means we are often too exhausted to do what we enjoy. For example, I have had to stop three of my dancing classes I love, because at the end of a school day I am too tired to mask anymore. There isn't a how-to guide on Masking. I bet a lot of people wish there was, so all day, every day, without breaks, people everywhere are trying to guess which version of themselves to be. It's no individual's fault, but I think everyone should be conscious of Masking, and the effects, and try to be gracious when it goes wrong. Please don't feel bad about it: it is a problem that can be sorted, slowly and steadily, but it can get better.

SPRING CLEANING GRACE

For many, with spring also comes cleaning. The first thing that comes to mind for most about spring cleaning is simply taking out all the old, useless mess from your house to create a clean environment. However, what if we could do spring cleaning for our minds? Spring is the perfect time for neurodivergent people or anyone for shedding the old and embracing the new, just like an easter egg hunt where each egg has its own individual markings and unique patterns, here representing you and your personality and the way your mind thinks. Just the way no two easter eggs are alike, each aspect of a neurodivergent identity deserves to be recognised and celebrate, rather than buried in multiple layers of societal expectations and stereotypes for who you should be. For some, easter eggs may reveal surprises inside- you can learn to embrace those surprises within yourself- those unique traits that make you who you truly are, rather than covering them up and trying to suppress them. This season, which may be more difficult for some to get through, toss the pressure to fit inside the same egg mould that everyone else is, knowing that like an easter basket, your identity is filled with numerous and colourful layers.

For some, spring is a time for renewal, so try to accept any concealed parts of yourself and celebrate you for who you are, and others will love it! Like an egg that is waiting to be admired for its individuality, let parts of you shine similar to those entirely brightly decorated and unique parts. So, in conclusion, try to clean out the old for the new, clearing out limiting beliefs about yourself, making space for all your wonderful quirks and characteristics. This spring, remind yourself and those around you to clean out all the mental clutter and the ‘Should Be's’ and stereotypes and just embrace the beautiful truth of you, unapologetically and fully, without any fear or restraint, and although this can seem daunting, let your authentic self shine brightly because there is nothing more powerful than being the person you were always supposed to be.

NEURODIVERSITY CELEBRATION WEEK

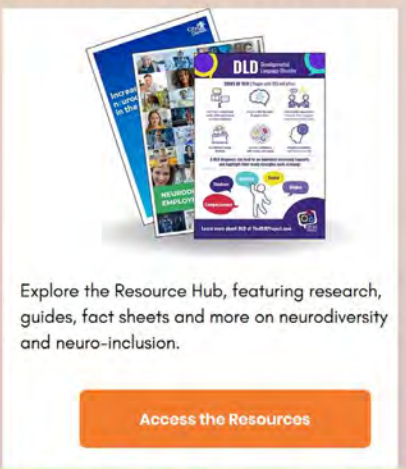
What a wonderful week we had for Neodiversity Celebration Week (17-21st of March)! Huge congratulations to Edith for her inspirational and changemaking speech in our whole school assembly (please read below). Our Neuro Club enjoyed a visit from the company 'Animal Club', having the chance to hold a number of different animals, from geckos to chubby bull frogs.

ALL THE MES I HAVE TO BE

NEURODIVERSITY CELEBRATION WEEK

During our week of celebrations all students at King's High had the opportunity to sign pledge cards. We had so many signatures we ran out of pledge cards! What a fabulous recognition of the inclusive school we belong to.

We have also had the opportunity as staff & students to watch recordings at www.neurodiversityweek.com to learn more about Neurodiversity in school, the work place, and new developments in how to create inclusive spaces. All the webinars are recorded and avaliable to watch, so please do take a look if interested.



ALL THE MES I HAVE TO BE

ASSEMBLY SPEECH

EDITH

I remember being in year 8 and year 9 and hearing my classmates using autistic as an insult synonymous with stupid or embarrassing to talk about each other, I don't think I really understood how ingrained that would become in my brain over the next few years.

As I got older and moved up through the school, I started to have troubles with my mental health: anxiety, depression and very low self-esteem. I realise that I am very lucky to have my mum, who was a mental health nurse. She pushed me to seek support and began helping me to find the cause of my near daily panic attacks that seemingly came out of nowhere. I managed to book sessions with a counsellor, whilst my mum and I discussed the possibility of me having some form of neurodivergence, most probably autism. However when I brought this up to my new counsellor I remember her looking at me in the eye and telling me 'well you don't look autistic' – and part of me was relieved by this – that I wouldn't be this 'other' that people seemed to mock so much – but a larger part of me felt that that her point blank assessment of me was incorrect – so I began the daunting process of acquiring an assessment and potential diagnosis for autism.

Once again, I must stress how lucky I am with the fact I was able to get a diagnosis at all, as I was able to go privately whereas it can take years to be seen through the NHS. On top of this, I was able to, through school, talk to a female autism specialist, Dr Hayley Smith, who after speaking to my parents and asking me to recognise some patterns, diagnosed me as autistic and… that was it. Nothing about my life had changed but I suddenly began to understand why I was acting in certain ways, and somehow, though it seems a little dramatic, everything seemed to make a little more sense.

But I still felt ashamed of this new identity I had. I felt like if I told anyone that I was autistic that they wouldn't view me as me anymore, and instead as this pre-moulded idea that I had in my own brain of what other people thought of autism, that somehow these people who I had been friends with for years would just leave. It wasn't until I began talking to my friends about my diagnosis that I realised the only person who was uncomfortable with the idea of me being autistic was me.

Obviously as I'm up here talking to you all, I no longer feel this way. But I think that's it's important to acknowledge that it can be really hard to be told definitively that you are, at a biological level, different from your peers, and no matter how affirming being diagnosed was, this was a concept that I struggled with in the back of my mind. However, through going to the neurodiversity club, talking to my friends and my parents I guess I came to the understanding that this is who I am and I'm pretty happy with that.

HOT CROSS BUNS RECIPE

BY JESS

INGREDIENTS

675G PLAIN FLOUR
2TSP GROUND CINNAMON
1TSP GRATED NUTMEG
2TSP MIXED SPICE
¾ TSP SALT
110G UNSALTED BUTTER
WATER
HONEY
1TBSP FRESH YEAST, OR 2TSP DRIED YEAST
85G SOFT DARK BROWN SUGAR
250ML MILK
2 EGGS
2TBSP RAISINS
3TBSP CURRANTS
4TBSP SULTANAS
4TBSP PLAIN FLOUR
PINCH OF BICARB

INSTRUCTIONS

Sift the flour, spices and salt into a large bowl. Rub the butter into the flour until the mixture resembles fine breadcrumbs.

Mix the yeast and 2 tsp of the sugar together until a liquid forms. Warm the milk until tepid, then remove from the heat. Stir the yeast into the warm milk.

Make a well in the centre of the flour and add the yeast/milk mix, eggs and remaining sugar. Combine to form a soft, but not sticky, dough.

Turn the dough onto a lightly floured board and knead it for 7–8 min. Place it in a lightly oiled bowl, cover the bowl with oiled cling film and leave the dough to rise for 1 hour, or until doubled in bulk.

Heat the oven to 200°C (/gas mark 6)

Turn the risen dough onto a lightly floured board and knead for a further 2–3 min. Sprinkle the dried fruit over the top and knead the dough for a further 1–2 min, until the fruit is mixed in well.

Divide the dough into 15 pieces. Shape each into a ball and cut a cross in the top, then arrange on a lightly oiled baking sheet. Cover with a clean cloth and leave to prove (rise a second time) for 10–12 min.

Sift the flour and bicarbonate of soda together, and add just enough water to form a thick paste. Fill a piping bag, fitted with a 1 cm (½ in) plain nozzle, with the mixture and pipe along the cuts in each bun to form a cross.

Bake on the top shelf of the oven for 25–30 min, or until well risen – the buns should sound hollow when tapped on the underside. Warm the honey in a saucepan and brush the top of each bun, while still warm, to glaze it. Leave the buns to cool on a wire rack.

Serve the Hot Cross Buns as they are or toasted and buttered.

ALL THE MES I HAVE TO BE

NEURO-CLUB POEM
SIAN

Nurturing minds, unique and bright.
Every voice shines, a guiding light.
Understanding grows in every talk,
Rooms alive with laughter and thought.
Our Mrs. Wyatt, though sometimes lost,
Depends on MrsCarter Howell, the boss!

In every corner, there's joy to greet,
Vibrant Beans, the bullfrog so sweet.
Enzo scurries, a lizard so spy,
Rocking the club, together we fly.

Standing tall, we pave the way.
In unity, we brighten the day.
Through every challenge, hand in hand,
You are the best in all the land!

ALL THE MES I HAVE TO BE

SPRING PAVLOVA RECIPE

BY CHARLEY

INGREDIENTS

3-4 egg whites
Pinch of salt
160g caster sugar
Whipping cream
Assortment of fruits:
Recommended- kiwi, strawberries, raspberries, blueberries

INSTRUCTIONS

Step 1

Line a large baking sheet with baking parchment and heat the oven to 140C. Draw a 20-25cm diameter circle on the parchment. Turn the parchment so the pencil or pen is facing the surface. You should still be able to see the circle.

Step 2

Pour in the egg whites to a large metal bowl with the salt and whisk with an electric whisk until the egg whites are foamy (5-10 minutes). Add sugar, 1 tbsp at a time, and continue whisking until all the sugar is incorporated into the mixture.

Step 3

Spoon the meringue mix into the middle of the circle previously drawn, then use a palette knife to spread it out to fill the circle (or use a piping set), leaving a dip in the middle or building up the sides. Bake for 60-75 minutes, or until the top is dry. Turn off the oven. Leave the pavlova to cool completely with the door shut overnight.

Step 4

Add whipping cream to a large bowl and use an electric whisk to make a fluffy mixture that should form soft peaks (peaks that flop slightly at the top). If desired, add flavouring such as vanilla. Pipe or spoon into the centre of the cooled pavlova and top with a variety of fruits (see above).

TIPS:

If you have time, freeze the egg whites, then defrost completely, which increases the volume of egg whites when whisked.

If you wish to make multiple smaller pavlovas, cook for less time, depending on size.

ALL THE MES I HAVE TO BE

SPRING PUZZLES

FIND QUIET TIME WITH OUR PUZZLE SELECTION

Symmetry! Fold along the dotted lines. Then place the paper on a window so the light shows through. Next trace the other side.

WORD SCRAMBLE

SOBLSOM
RNAIBOW
GREENAD
SEERZEB
HISSUNEN
EWLFROS
INSLUCION
CEAPTCAENC

DNAKINDS
DERNASUTDGNI

APRIL
BLOSSOM
BREEZE
BUD
BULBS
BUNNY
BUTTERFLY
CHICK
DAFFODIL
EASTER
EGGS
GRASS
GREEN
HATCH
JUNE
MARCH
MAY
NEST
PUDDLE
RAINBOW
ROBIN
SEASON
SHOWERS
SUNSHINE
THAW
TULIP
UMBRELLA

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

F	T	L	Y	T	O	I	B	R	J	K	V	S	B	G	M	U	M	M
A	A	E	J	F	D	L	O	F	U	M	S	O	T	A	F	V	Z	H
U	L	H	P	U	D	D	L	E	P	A	E	E	Y	S	D	T	B	E
S	B	L	U	B	Q	L	F	R	R	Z	T	G	Y	T	H	A	W	U
L	X	Z	B	U	N	N	Y	G	K	Q	B	W	G	F	R	Q	X	M
W	M	S	H	O	W	E	R	S	G	B	L	O	S	S	O	M	C	B
P	W	U	M	P	N	V	A	R	Q	T	G	E	F	G	D	X	Z	R
F	T	N	K	A	K	H	V	H	E	K	P	B	R	E	T	S	A	E
G	E	S	W	O	R	O	B	I	N	C	O	F	R	J	M	P	J	L
M	Y	H	M	L	Y	C	L	L	J	I	Z	B	H	E	D	U	Z	L
N	N	I	Q	Q	I	U	H	I	T	H	R	U	T	Z	E	T	W	A
L	E	N	U	H	S	X	Z	D	U	C	Z	T	P	S	N	Z	Q	A
R	Y	E	Y	Y	N	N	M	O	L	H	N	T	Z	B	E	X	E	F
O	A	U	R	I	U	O	D	F	I	G	E	E	H	G	A	N	Q	T
W	P	I	J	G	G	K	S	F	P	P	J	R	J	I	A	S	A	M
K	R	J	N	Z	B	E	X	A	Y	B	C	F	J	H	A	T	C	H
B	I	S	U	B	U	X	M	D	E	B	F	L	Y	W	M	B	B	H
X	L	M	B	N	O	A	C	T	J	S	U	Y	H	B	H	G	Y	F
X	X	I	J	W	E	W	R	D	V	E	D	D	K	A	A	W	H	M

	2			3			4	
6								3
		4				5		
			8		6			
8				1				6
			7		5			
		7				6		
4								8
	3			4			2	

ALL THE MES I HAVE TO BE

SUMMER EXAMS GUIDE

EXAM STUDY SURVIVAL GUIDE

01 Ensure to eat regularly, drink plenty of water and try to give yourself 7-8 hours sleep.

02 Create 25-50 mini questions on a top - Record these on your phone and listen to the question / answer while walking or on the bus.

03 Create a study plan for your revision time with exactly what you want to revise. This stops procrastination at the time. Ensure to build in regular movement breaks.

04 **VISUALISATION**
Revise in different rooms- so you can use visual prompts in that room to help you remember key info. Imagine a symbol or action for a fact you keep forgetting e.g. explosion.

05 **APPS**
Speechify- Speech App- Convert written words to spoken words.
Evernote- Create images/ notes and audio for revision.
Trello- Great for organising time with notifications.
Mindmeister- Great app for mind-mapping

06 **BE THE TEACHER**
Create a PowerPoint on your hardest topic then teach someone else- even a pet. Speaking the topic out loud will help the information sink in. Including how to structure an essay.

07

08 **GAMES**
Games is a fantastic way to learn content.
Create your own- Create a card or board game on your hardest topic & play with your family. In the process of making you are revising.

9 **COLOURS**
Use colours as a part of your revision to help looking at texts.....
E.g.
Colour overlays on your computer screen
Using coloured paper for specific topics
Use colour coding on key words & when marking- WWW AND Improvements

10 **FINALLY- REWARDS**
Ensure to motivate yourself with rewards in your exam time.
E.g. Your favourite food after a practice exam. Having a bath/ calling a friend/ going for a nice walk. These are important to sustain your resilience in exams.

ALL THE MES I HAVE TO BE

ALL THE MES I HAVE TO BE