

PSHE/Life Lessons Newsletter

Term: Spring term 2 2023

(Personal, Social and Health Education)



Celebrations of our learning this term:

At the Castle School, we work really hard in PSHE, and have some celebrations to share with you:

Key stage 3 and 4 have had train workshops with Maddy Mills, (Education Officer) from the Rail Partnership, to learn how to be safe on a train, and have also had the opportunity to travel on a train with her, for free.

Conway class have been learning about families, through the three little bear's story. First, they explored the family from the story, and learnt the Makaton signs for 'dad', 'sister', 'brother' and 'dog'. They then enjoyed sitting down and drawing their families. Next week we are going to share our own family photos from home.

Students in Key Stage Three chose to participate in a community action project, within their Guided options on a Thursday afternoon. Students helped the environment by litter picking around Donnington Castle. Lots of rubbish was collected - well done boys!

Plympton class have been completing jobs in school, and working out what needs to be done, including refilling the paper towels.

Some of Key Stage 4 have been learning about Annual health checks, as part of their PSHE lessons about doctors and people who help us. They learned what they are and that they are available to help people to stay well and are not something to worry about. Key stage 5 will start learning about annual health checks soon.

GPs are working with Berkshire special schools this year, to let everyone know all about health checks.

Here is some information from Dr Heather Howells, who is the GP Clinical Lead for Mental Health and Learning Disabilities, for Berkshire West:

You may be aware that from the age of 14, everyone in a special needs school, is eligible for an Annual Health Check at their GP surgery. All people with a Learning Disability aged 14 and over should receive a check every year.

The Annual Health check covers all aspects of health and wellbeing, you can learn more about Annual Health Checks here:

<https://www.mencap.org.uk/advice-and-support/health/annual-health-checks>

Some photos of our learning



The Castle School is now a National Online safety certified school again for 22-23. Thank you to the parents who have signed up or have completed a course this year.

All our Teachers, TA's and Safeguarding Leads have completed their annual certificate for online safety, so that we can help keep our pupils safe online. Many staff have also accessed other courses and seminars. Teachers are able to use the resources and planning to ensure that we are giving our students relevant and up to date online safety lessons, throughout the year. Some parents and carers have signed up, and have completed courses have accessed important internet safety guides for their child. We are hoping that more parents will sign up soon. If you would like to sign up to help your child stay safe online, please do. We have put some useful courses in the watch list, once you log on. We are sure that you will agree that online safety is so important to keep everyone safe, which is why we are committed to training our staff and giving our pupils the best possible lessons and care. We are looking forward to more parents joining us with our National Online safety journey.

If you would like a parent login, for National Online safety, to make use of the brilliant training and resources, please follow this link:

<https://nationalonlinesafety.com/enrol/the-castle-school-2>