

# PSHE/Life Lessons Newsletter

Term: Summer term 2 2023

(Personal, Social and Health Education)



## Health and Wellbeing in Schools award



### Celebrations of our learning this term:

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

We are very proud to announce that we have achieved the **West Berkshire Health and Wellbeing in Schools award**. Our Pupils for Positive Change Group, (P4PC) have been working really hard this year to improve whole school wellbeing and to demonstrate how good we are at working together and helping each other. One of our objectives was to bring the school back together with special events. We had a fabulous Easter Celebration last term, which contributed to the award. It was fabulous to see people from across the school joining in with Easter crafts, games and of course the Great Castle School Bake Off! Since then we have of course enjoyed the Fete, sports days and the Band Stand.

P4PC's other project for the award was to make wellbeing bags. We are pleased to see that they are being used by pupils across the school.

Lots of classes across the school have been learning about jobs, in PSHE lessons this term.

### Some photos of our learning



Key Stage 5 had a fabulous World of Work event, which I am sure you will hear about in their newsletter. Key Stage 5 have been interviewing people about their jobs and have been visiting local businesses. Carisbrooke have been role playing different jobs.

Pupils in Theale have been thinking about what jobs they would like to do, and the tasks that they would do in that role.

Pupils in Tiverton class have been preparing the buffets for parents and visitors to the school. They worked very hard and were a great team. They then took the buffet to the Jane Evans room, served it, and prepared teas and coffees for all. The confidence in them was amazing. Well done Tiverton! Pembroke class had a role play doctor's surgery, and one member of staff was particularly dedicated to the cause, and fell over at playtime, so they had to check her graze too!

Primary had a very exciting visit from the local fire brigade!. Some of them tried the fire fighters' uniform. The children had the opportunity to to explore some equipment and meet real firemen, sit on the fire engine, and they heard the siren.

Just a reminder about Annual health checks. 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>**



**The Castle School is a National Online safety certified school. Thank you to the parents who have signed up or have completed a course this year. You can see our plaque in reception, along with some internet safety guides, which you can also down load from the National Online Safety workshop, or pick up from the display in the pastoral room. There are also some guides on our school website, in the internet safety section.**

All our Teachers, TA's and Safeguarding Leads have completed their annual certificate for online safety, and will do so again in the Autumn term, 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>**