

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 were proud to achieve **West Berkshire Health and Wellbeing in Schools award** last term, and have carried on our good work. One of our objectives, for the award, was to bring the school back together with special events, and it is important that we continue to do this. Our Pupils for Positive Change Group, (P4PC) have been working really hard this term, to plan a whole school Harvest event. Thank you for all the kind donations to the food bank. We will share pictures and how much we collected with you, in the next newsletter.

Playing, working and being together has been a focus, with the new school year. This term pupils have been getting to know new peers in their classes, and learning about each other's interests. Pupils in Windsor and Skipton class have been very happy to spend time with new people, and have played with new friends. Students have been using their communication aids really well to talk to people, and Windsor have been playing a guess who game. Pupils in primary house, enjoyed playing skittles together.

New routines and changes in timetable can be challenging, but pupils in Blaise class have done really well with accepting changes, so that they can go to music lessons with other classes.

Students have been learning about emotions this term, Skipton and Cardiff have been using The Colour Monster book to help them.

Some photos of our learning



Castle at Theale have been talking about Zones of Regulation help them to understand emotions.

Totnes class have been learning about budgeting.

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 signed up or completed a course last 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 next half 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.

We would like to achieve the award again this year, as online safety is a big priority at The Castle school. We need parents to complete courses too. If you would like a parent login, for National Online safety, to make use of the brilliant training and resources, please contact Hayley.

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