

PSHE/Life Lessons Newsletter

Term: Autumn 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** 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) worked really hard last term, to plan a whole school Harvest event, which took place on the last day of term. I promised I would share some photos of this wonderful event, so here they are!

The whole school also came together to learn about road safety, with a brilliant visit from several gritters and a snow plough!

Pendennis class have been working well as a team, during their lego therapy sessions. Students have been taking turns to be the engineer, supplier and builder. The engineer gives the instructions to the supplier, the supplier listens to the instructions, and passes the correct pieces to the builder, who listens and made the model.

There has been lots of working together this term. Two Blaise class had a wonderful duet, with one student waiting for a response from the other, and wanting to join in.

Great work Blaise class.

Skipton have also been working on turn taking while playing head bands and sharing lego.

Windsor class learnt about firework safety.

Some photos of our learning



Dover class sold poppies around the school to raise money for the poppy appeal. Well done Dover! We have had lots of trips into the community this term. Lots of classes went to the cinema, with some students being able to watch a film at the cinema for the first time. We are really proud of them. Skipton have been labelling body parts in their relationships and sex education lessons.

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 download 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 again this year, 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 have achieved every area, except a parent course. If anyone would like to complete a course, please let us know. It will be really helpful for your children's online safety. If you would like a parent login, for National Online safety, to make use of the brilliant training and resources, please contact Hayley.

Hodonnell@castle.w-berks.sch.uk