

PSHE/Life Lessons Newsletter

Term: Summer term 1 2024

(Personal, Social and Health Education)



*Health and Wellbeing
in Schools award*



Celebrations of our learning this term:

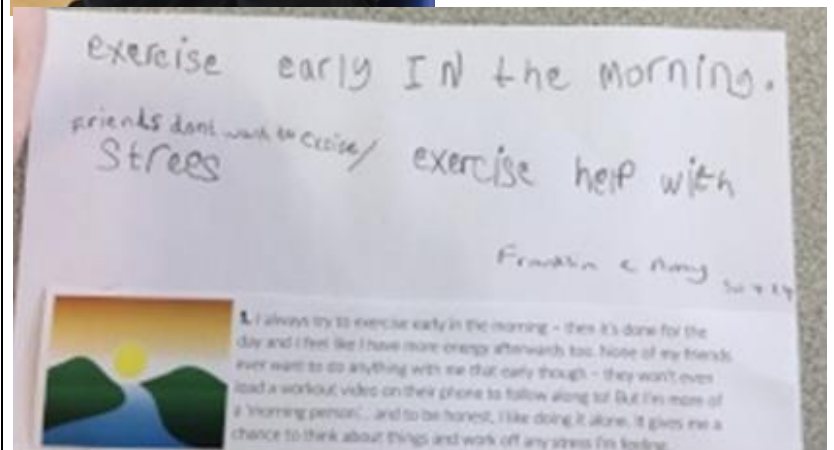
At the Castle School, we work really hard in PSHE, and have some celebrations to share with you:

Many pupils have been learning about healthy eating this term, and have been tasting healthy fruit and vegetables, and shopping for it. Danby class have been tasting and describing a wide range of fruit. They have been looking at the importance of a healthy diet and lots of pupils have been able to explain that fruit is a healthy food.

Many classes have been making healthy meals and snacks in cooking lessons, which has consolidated their learning from discrete PSHE lessons. Recently, Skipton made scrambled egg, and many were able to try it and show whether they liked it or not.

Chillingham, as well as many other classes, have been shopping for their own cookery ingredients, which helps them with social and communication skills, as well as being able to plan and choose what they are going to cook and taste. Shopping is important too, when thinking about jobs people can do.

Some photos of our learning



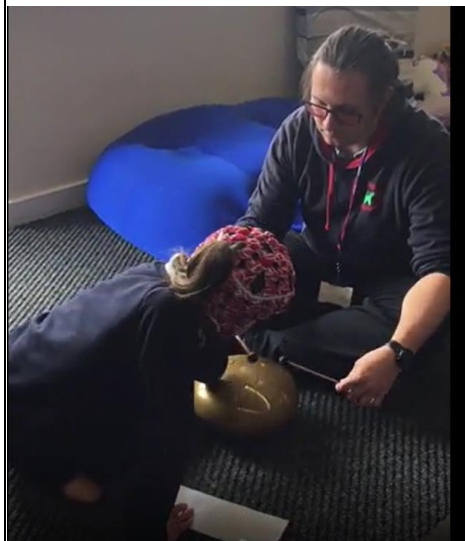
Colchester class have been thinking about jobs people do, and what skills you need to do those jobs. Danby class have taken part in a cooking workshop at Pizza Express, where they thought about healthy eating, where food comes from and how to make their own pizza. They also saw a working restaurant kitchen and were able to talk to restaurant staff about their jobs.

Dunnotar have been thinking about ways that exercise can improve our physical and mental health.

Windsor have been trialling stories from the Chailey Heritage RSHE programme, for pupils with severe or profound learning difficulties. Pupils have been using anatomically correct dolls to learn about menstruation, how it can affect their bodies, and what they can do to make themselves feel better. Some pupils have also been thinking about public and private places and body parts. We will be training more staff to use this programme, once the trial is over. More information can be found about it here:

[Sex Factor brochure.pdf \(chf.org.uk\)](#)

Communication is key in PSHE and pupils in Windsor and Blaise have been working hard to communicate through intensive interaction; pupils have also been listening to instruments, responding to show if they like or don't like them, and have been using resonance boards to feel vibrations and to become aware of their body in space.



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

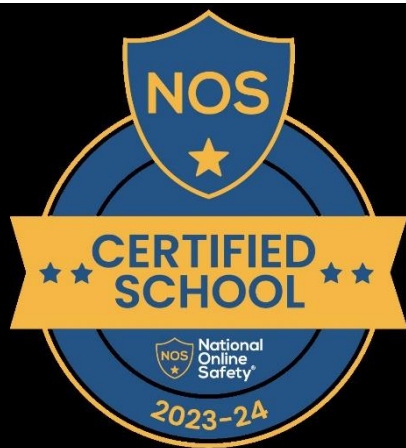
Here is some information from Dr Heather Howells , who is the GP Clinical Lead for Mental Health and Learning Disabilities, for Berkshire West:

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 again for 2023-24. 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 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.

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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