

# PSHE/Life Lessons Newsletter

Term: Summer term 2 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:

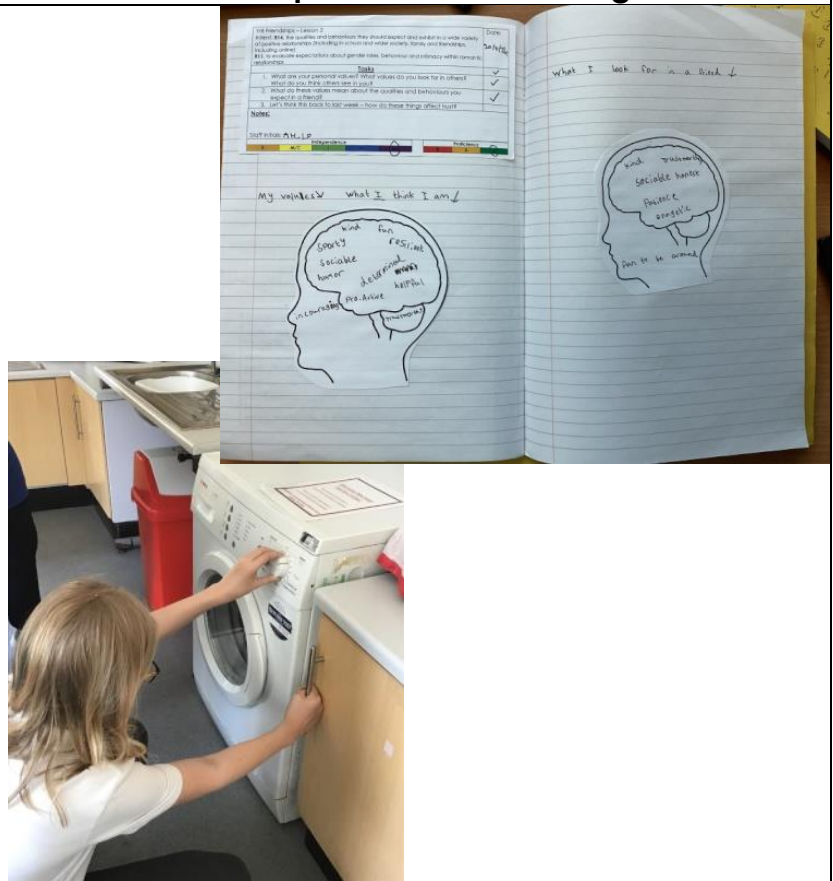
There has been lots of work on transitions and independence skills this term.

Danby have been working on their independence and life skills, they went to Castle Gate to practice making a bed.

They put the sheet down, put the pillowcase on the pillow and put the duvet in its cover, (this was the tricky bit) ready for people to stay in overnight. They did a brilliant job and had lots of fun in the process! Danby have also been learning how to use washing machines and to set the table. They had a lovely meal at Weatherspoon's, and showed off their great table manners!

Some of Blaise have been working on using a spoon to eat independently, which is fabulous and they are doing really well.

## Some photos of our learning



Boost group, (our breakfast club, which runs daily from 9-9.30,) worked together today to talk about staying safe in the sun. As a group, they were able to identify which pictures or scenarios were most appropriate for staying in the sun. They spoke about why swimming alone in the sea is not good. They also chatted about the importance of wearing sun cream and a hat.

Pembroke have been learning to share toys, and have been doing really well. Windsor have been learning different ways to relax and choosing their favourite, which include bubbles, story massage and reading stories.

Winchester have been thinking about how to be a good friend. They considered their own values before thinking about what people think about them and what values are important in a friend; Students contributed well to discussion about what's important to look for in a friend and how behaviour reflects that.

More classes have been trialling stories from the Chailey Heritage RSHE programme, for pupils with severe or profound learning difficulties. More information can be found about it here:

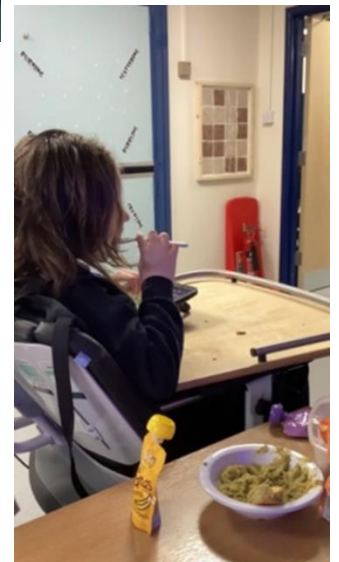
[Sex Factor brochure.pdf \(chf.org.uk\)](https://www.chf.org.uk/Sex_Factor_brochure.pdf)

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 23-24. Thank you to the parents who signed up or completed a course. We would like more parents to sign up and support their child with internet safety.

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.

**It is very important that 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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