

PSHE/Life Lessons Newsletter

Term: Autumn term 1 2024

(Personal, Social and Health Education)



*Health and Wellbeing
in Schools award*

**West
Berkshire**
C O U N C I L

Celebrations of our learning this term:

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

Pupils have been getting to know each other, finding out about each other's likes and dislikes and talking about what makes us happy! Blaise class have been moving towards the objects they want to explore.

It has been wonderful to see students make new friendships, in their own classes, and in the playground. We have been adding new names to communication devices, which has been lovely.

Carisbrooke have written a great list of things that make them happy.

Carisbrooke have been learning about different emotions, and what they look like on their faces. They have made some impressive expressions!

Skipton class have also been thinking about all the things they enjoy, which include painting and getting messy!

Pupils have also been learning about body parts. Chillingham have been taking selfies, identifying parts of their face, and then making some fabulous artwork, with their photos.

Windsor class have been thinking about keeping our teeth healthy and have been learning about going to the dentist. They

Some photos of our learning



explored giant teeth, and dentist clothes and equipment. Windsor have been practicing brushing their teeth. Calshot have been thinking about healthy eating and portion control. They have been weighing their pasta to ensure they have the recommended amount, per person. Tiverton have been thinking about careers, and the skills you need for certain jobs.



A letter will be going out, just after half term about a food bank collection. The donations will be gratefully received by members of our local community, who need them. A group of School council students will take them to the food bank next term, and we will let you know the weight collected. P4PC have had a vote, and have unanimously asked to go back to being called school council, in line with other schools. They have asked for badges and are eagerly awaiting their arrival! School council are thinking about how to improve our community areas in school, and have lots of exciting ideas about what they would like in the playground, which leadership are now discussing! We will update you on their project in the next newsletter. Students in Balmoral and Pembroke have already been helping the caretakers make the playgrounds look tidy, during their lunch break – very impressive!



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

We now have National online safety logins for all staff, so that everyone can complete their annual certificate for online safety 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 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.

Hodonnell@castle.w-berks.sch.uk