

# PSHE/Life Lessons Newsletter



Term: Autumn term 2 2022

(Personal, Social and Health Education)

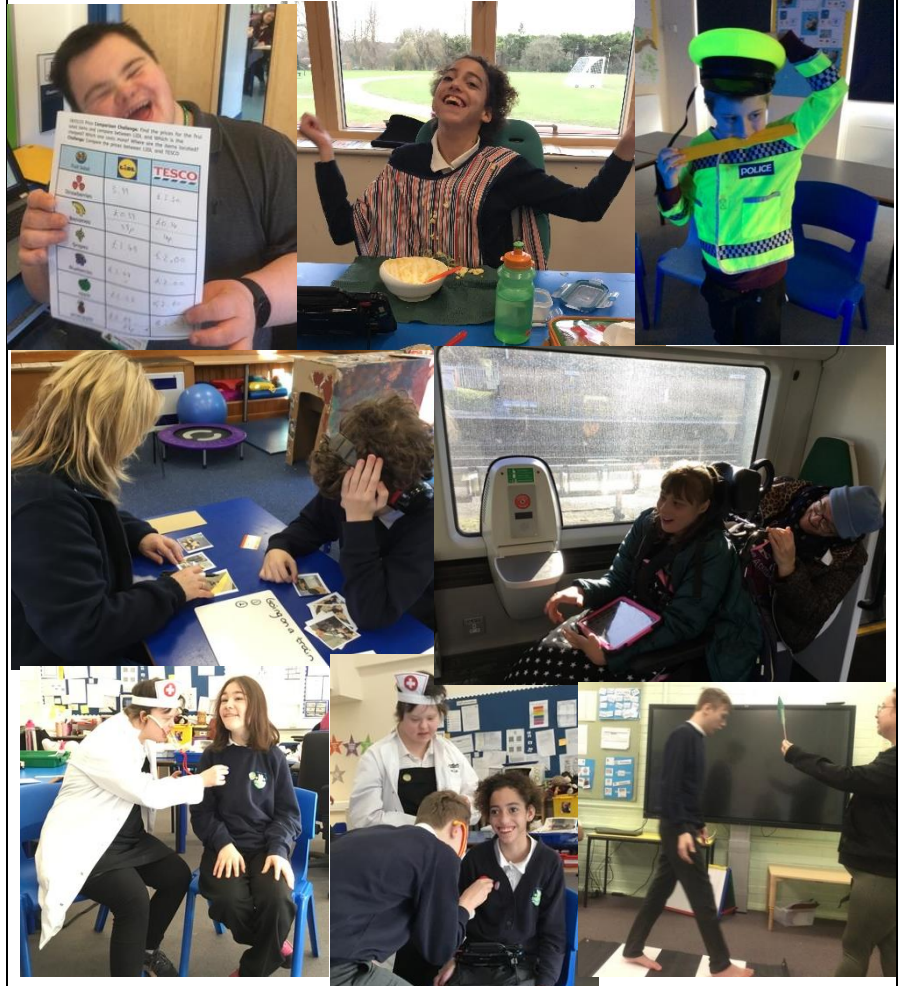
## Celebrations of our learning this term:

At the Castle School, we work really hard in PSHE, and have some celebrations to share with you: Key stage 3 and 4 are going to be having train workshops to learn how to be safe on a train, and will also have the opportunity to travel on a train. Pendennis class have already had their workshop, and this is what they did:

"Today we attended a workshop about trains and train stations. This included what we might see at a train station, how to keep safe and how to buy a ticket with a bit of role play in the classroom. We then set off to the train station, had a little look around and took a train ride to Reading. At Reading station we found a coffee shop and bought something to eat and drink before returning back to Newbury on the train again. We really enjoyed ourselves."

A member of Windsor class, (who I mentioned in the last PSHE newsletter, can now eat all her dinner by herself and is now going to start eating school dinners. She is growing lots and we are so proud of her! Conway class have been listened to the 'Getting Dressed Song' and then chose some items to put on themselves. They enjoyed putting on hats and needed some support to put jackets and trousers on. Well done Conway. Chillingham have been practicing crossing the road using a zebra crossing. Plympton have been comparing prices of food in different supermarkets. They looked at two

## Some photos of our learning



**The Castle School are working towards being a National Online safety certified school for 22-23. We are nearly there, but we need a parent to complete a course.**

All our Teachers, TA's and Safeguarding Leads have completed their annual certificate for online safety, 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 are able to complete courses and access important internet safety guides for their child. We are hoping that more parents will

different supermarket websites to search for prices of items that they would include in a healthy snack (fruit salad). This also started a discussion on good and bad snack time ideas. Students were able to locate prices and then identify the right amount when presented with two different sets of coins.

Some of Key Stage 4 have been learning about Annual health checks, as part of their PSHE lessons about doctors and people who help us. They learned what they are and that they are available to help people to stay well and are not something to worry about. 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>

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 follow this link:**

<https://nationalonlinesafety.com/enrol/the-castle-school-2>