

PSHE/Life Lessons Newsletter

Term: Spring 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:

Chillingham class have been working really hard at joining in during circle time.

They have been joining in with their hello, looking in the mirror and days of the week songs, saying their names, and using symbols to say how they are feeling. They have also been making and exploring a variety of different facial expressions in the mirror.

Chillingham class have also been learning about the emotions of happy and sad. Pupils were tasked with sorting images of people into two groups, one group was of images people with happy facial expressions and the other sad.

Chillingham really enjoyed watching Louella make happy and sad expressions!

Blaise have also been exploring emotions through the book 'My many Coloured Days.' Students eye pointed to their own

Some photos of our learning



images, chose the colour they were feeling and listened as the teacher read the page about how we feel when we are their chosen colour. They then used the squeegee to paint their image, noticing the marks they had made.

Windsor have also been using stories to help them think about emotions. Windsor have been reading and reviewing special books from Newbury library; their work on this project will be displayed in Newbury library, when it is finished. One of the stories is called 'I am Happy', by Michael Rosen. Windsor have been exploring the things that make the character in the story happy and deciding if they make them happy too. Some of Windsor's favourites are balloons, bubbles, trains and water play.

Skipton watched an NHS video about how to wash our hands. Hand cream and glitter were mixed together and put on their hands, they then touched different objects which left glitter, to show how germs are carried. They then washed their hands. Milk and black pepper were put on a plate, hand gel was put on one and hand soap on the other, the pepper moved to the side of the plate; they decided the soap was better.

Students have been trying really hard to share, take turns and work together this term. Tiverton have been playing games together and have been helping each other and waiting their turn. Windsor and Cardiff have been exploring Help Kidz learn, using blue tooth switches. Students were really engaged with pressing the switches to



make the activities work. The students worked really well together, taking turns and sharing the switches with each other. During the last inset day, Liz showed staff how to use blue tooth switches, so they have been used in more classes – thanks Liz.

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 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.

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.

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