

PSHE/Life Lessons Newsletter

Term: Spring term 2 2024

(Personal, Social and Health Education)



*Health and Wellbeing
in Schools award*



Celebrations of our learning this term:

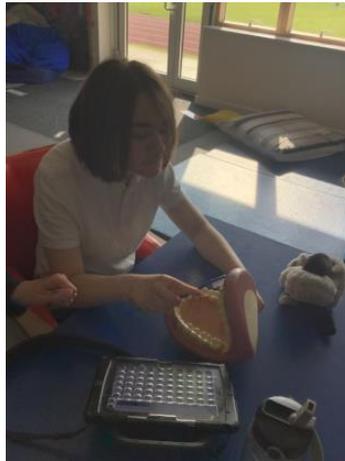
At the Castle School, we work really hard in PSHE, and have some celebrations to share with you:

Pupils have been sharing their views on what they enjoy about their PSHE lessons, what they don't like, and what they would like to know more about. There have been lots of mature conversations around this, especially around RSHE (Relationships, sex and health education.)

Happy belated Mother's day to everyone; Blaise class made some beautiful fir cone bouquets to give to their mums.

P4PC have been asking for pupil voice about the arts, what the arts means to us, and what we would like to experience more of, at our school. Many classes this term have been experiencing and talking about things that they like doing, and many of these are in relation to the arts, as well as PSHE. There have been many trips to Newbury Library, and to town to spend our World Book Day tokens. Some

Some photos of our learning



of Blaise students have been visiting the school library for the first time. Students have been sharing books together, one student said “hey man, look at this! So cool!”

Jo Davis has been taking pupils to a local care home, she says:

“What a privilege it is to take a group of KS4 and Post-16 to The Argyles Care Home in Newbury every week. They all engage with the residents and it is a joy to watch their compassion and empathy. We have enjoyed a range of activities to include arts and crafts, cake decorating and even Karaoke.”

Windsor have been reading and reviewing special books from Newbury library and their work on this project is now displayed in Newbury library until the Easter holidays. 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.

Balmoral have been learning about and have been labelling body parts.

Plympton have been learning about healthy eating and have been sorting healthy and unhealthy food.

Chillingham have been learning about hygiene, by looking after dolls. They have been washing and drying them and brushing their hair and teeth. Windsor have also been thinking about keeping clean, and have been learning to brush their teeth effectively, and about going to the dentist.

Windsor have been learning about annual health checks including what will happen, and what they would like to tell the doctor, e.g. who they would like to bring, and how they need to communicate.

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 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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