



Dear Families

Saturday 5th October 2024



THANK YOU for making a difference every day!

You are appreciated.

You are an asset.

Your sacrifices do not go unnoticed!

Teachers play a vital role in encouraging young people to ask questions, to be inquisitive and think more deeply.

Today, we celebrate and honour teachers all over the world but specially I want to thank our amazing teachers here at Castle. You play an indispensable role.

Happy National Teacher's Day

Squirrels Class News

In Squirrels Class, we have focused our learning on the story 'Can't you sleep Little Bear?' and the PSHE topic of 'Healthy Lifestyles'.

We have been listening to the story, as well as participating in a weekly sensory story, and then reflecting on what it is about using colourful semantics and communication boards. In Maths we are using animals to count and work on some addition and in Art we are creating Bear related artwork, starting with a large paper plate bear face.



In Our World we are making and trying different healthy foods and learning which of our favourite foods are healthy or unhealthy. We all really love cake so we are trying to understand that even though it is "yummy", we can't eat a whole family sized cake to ourselves.



Similarly, in PSHE, we are learning about what is healthy for our bodies. We all take part in lots of physical activity throughout the week, including cycling, swimming, dancing, PE, horse-riding and many other activities. Other ways that we promote to keep ourselves healthy is washing hands, drinking water and eating healthy snacks.



Wolfson Class News

In Wolfson class this week pupils have been very busy learning a wide range of activities. Including forest school, Yoga, D of E award, creativity and work-related learning. In creativity this term, we have been exploring the season of autumn and the changes we experience during this time of year. Wolfson pupils have also been learning about healthy lifestyles in PSHE. Pupils therefore had the opportunity to take part in a class yoga session! Many pupils in Wolfson are also continuing to develop their life skills as we continue with our preparation for adulthood focus.



Looking for healthy after-school snack ideas?



Beezee FAMILIES



We've got you covered!

Our free, Beezee Families healthy lifestyle programme can help your family make healthy habits.

Tuck into these healthy snacks:

- Two wholegrain crackers and tzatsiki
- Rice cakes or corn cakes
- Two crackers with a spread of low-fat cream cheese and cherry tomatoes
- Plain or Greek yoghurt and fruit
- 150mL homemade fruit smoothie
- Vegetable sticks (carrot/pepper/cucumber) with hummus
- Fruit kebabs
- Wholegrain toast with a thin layer of peanut butter
- Breadsticks
- Handful of dried fruit
- Dried apple slices (slice into 1/4 inch circles, bake at 200 degrees until dry)
- Handful of homemade popcorn
- Homemade fruit ice lollies
- Apple slices with peanut butter.



Want more healthy lifestyle support?

Check out our website to find out how we can help your family.*

Scan here
or

Click the link



cap.maximusuk.co.uk

Healthy You

24-2314

*Our courses are designed for families with children aged 5 and up.

Best wishes,

Charlotte

Charlotte Whysall – Headteacher