

## Message from the Headteacher:



Dear Families,

Autumn certainly seems to have arrived, the air feels a little cooler, the days grow shorter, and the school grounds are filled with the beautiful colours of falling leaves. It's a lovely time of year to notice the changes in nature from conkers and crisp mornings to golden trees and to enjoy the sense of calm and reflection that this new season brings.

This week, our *Thought of the Week* is **"I can ask for help when I need it"** feels especially important as we mark World Mental Health Day today. At Castle, we work hard to make sure everyone knows that it's okay not to be okay, and that reaching out for help is a sign of strength, not weakness. Whether that's a pupil asking for support from a trusted adult, or a colleague checking in with a friend, small conversations can make a big difference.

We're also proud to be celebrating **Black History Month** throughout October. This is a time to recognise and honour the achievements, culture, and contributions of Black people in Britain and around the world, to learn from the stories, art, and music that have helped shape our shared

history. Classes will be exploring this in ways suited to their pathways, from sensory storytelling to creative art and music.

Thank you, as always, for your continued support in helping our learners feel valued, included, and confident to ask for help when they need it.

With best wishes,

**Charlotte Whysall**



## World Mental Health Day

Today marks World Mental Health Day, and across the school we have been taking time to focus on the things that help us feel positive and well.

Classes have enjoyed a range of activities designed to support good mental health — from using music and movement, to sharing what we're thankful for, celebrating achievements, and simply enjoying time together.

At Castle, the wellbeing of our students and staff remains at the heart of everything we do. We aim to make every day count — fostering a community where everyone feels valued, supported, and able to make a positive contribution.

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## Bees Class News:

This term in Bee's class our topic is space and this week we have enjoyed a range of different space themed activities.

We started the week with a sensory story. As we read our book we explored tactile planets, watched our spinning spaceships light up and experienced lots of sights and sounds of space using musical instruments.



During P.E lessons we have been taking part in a movement story. Travelling around the gym and encountering different activities which help us work on our physical targets, for example reaching up to explore the spinning planets.



In the swimming pool we have been experiencing “zero gravity” with the help of different floats and enjoying space themed songs and activities in the water.



For our sensory cooking session, we created some lovely food safe space slime. The children controlled the hand mixer using a Bluetooth switch, so everyone was able to help mix the ingredients together.



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## Kings Class News:

Kings class have had a great start to the school year. We said goodbye to some of our friends and met some new ones. It's been exciting getting to know our new friends and building relationships with them.



We've been enjoying reading our new book "The Giant of Jum" and learning new words from the book and their signs. We've also tested our knowledge about the book every week with new activities.



We enjoyed riding to Cambridge University Sports Centre and taking part in the Powerhouse games. We were delighted to join different teams and meet new friends.



Some of our favourite games to play were football and sitting volleyball. We were proud to collect our well-deserved medals and certificates and we're looking forward to joining them again soon.

## Knitting Club



Our KS4 and Sixth Form students are running a knitting club every Thursday at school.

If you have any wool, knitting needles or knitting material that you can donate to them, we would be very grateful.

You can bring any donations to the school reception.

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## GoodGym



<https://www.goodgym.org/>

GoodGym are a group of people who get fit by combining regular exercise with volunteering in the community.

We have been delighted to have a group of GoodGym runners make their way to Castle School to undertake a weed and tidy up of our car park before continuing their run back to Jesus Green!



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## Donations

The sixth form classes are expanding their reading collections. If you have any magazines, comics, children's newspapers, non-fiction books, dictionaries, puzzle books or fiction suitable for teenagers we would welcome any donations.

Thank you

**Winter Wheelers: keep cycling through winter!**

In partnership with Cambridgeshire and Peterborough Combined Authority, we've organised four Winter Wheeler events, designed to encourage Cambridgeshire residents to stay safe and keep cycling throughout the colder months.

Join us at any of the following events:

- St Ives Market Hill: Monday 3 November, 11am - 2pm
- Cambridge, outside the Guildhall: Tuesday 4 November, 4pm - 7pm
- Ely Train Station: Thursday 6 November, 11am - 2pm
- Whittlesey Market Street: Friday 7 November, 11am - 2pm

Each event will include:

- Dr Bike sessions - free bike checks
- Bike light giveaway
- Bike marking by Cambridgeshire Police
- Cycle maps and cycling advice
- Meet our Active Travel Officers - volunteers for advice and support

Free events!

Scan this QR code to sign up!

Come along to keep your bike in top shape and stay safe on the roads this winter!

CAMBRIDGESHIRE & PETERBOROUGH COMBINED AUTHORITY  
Cambridgeshire Constabulary  
Cambridgeshire County Council

# HOLIDAY LUNCHES



**Free holiday lunch sessions this Half Term**  
 Enjoy fun activities followed by a delicious lunch together

DATE	TIME	VENUE
Monday 27 October	11am-1pm	St. James' Church CB1 8QJ
Monday 27 October	11am-1pm	Meadows Community Centre CB4 2JL
Tuesday 28 October	10.30am-1pm	Brown's Field Community Centre CB4 1RU
Wednesday 29 October	11am-1pm	Church of the Good Shepherd CB4 2ET
Wednesday 29 October	12 noon-2pm	Darwin Green Community Rooms CB3 OUL
Wednesday 29 October	10.30am-1pm	Clay Farm Centre CB2 9FN
Thursday 30 October	11am-1pm	Storey's Field Centre CB3 1AA

Please note we will do our best to serve food for everyone, however if numbers exceed expectations, we may not be able to offer food to all



you can find details of all the holiday lunches taking place in Cambridge at [cambridgesustainablefood.org/events](http://cambridgesustainablefood.org/events) 11am-1pm



SCAN ME

## Grassroots activity grant

Funding of up to £250 to support local families to access community sport and dance opportunities

APPLY ON OUR WEBSITE UNTIL THE 14th NOV 2025 OR EMAIL [SPORT@CAMBRIDGE.GOV.UK](mailto:SPORT@CAMBRIDGE.GOV.UK) FOR A PAPER COPY

 [www.cambridge.gov.uk/grassrootsgrants](http://www.cambridge.gov.uk/grassrootsgrants)



- Do you live in Cambridge City?
- Are you in receipt of income support / universal credit?
- Is your child/ren aged between 4 - 16 years?
- Are you struggling to afford sport, dance and activity provision for your child/ren?

Then you can apply for a grassroots activity grant between the 1<sup>st</sup> October until 5pm on the 14th November 2025.  
 The grant can be used towards joining fees and weekly session costs.  
 Please include code GR2025 in your application

