



Bankside School

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Visible Consistency, Visible Kindness

What a strange week with regards to the weather!

At school, we have seen some positive work from pupils focussing on developing both their personal and academic skills with lots of nominations for the Congratulations Assembly.

With regards to those youngsters preparing for exams, Chloe, our Examinations Officer, provided a presentation to parents this week sharing with them the rules and procedures and how we are (and will) support our pupils during these up and coming stressful times. This presentation will be shared with the young people involved next week as well.

Today, we have had the opportunity for all our pupils to engage with our local Police in a relaxed environment. They asked lots of questions, listened well and enjoyed exploring the Police vehicle.

Next Friday 21st March is Red Nose Day and the focus is on foodbanks and homelessness. We would like to encourage our staff and pupils to wear something RED for a donation to the foodbank. List attached below.

We will gather all donations and send a group of pupils to make the donation to a local food bank the following week.

In school, Jade will be offering various sports activities to support the day.

We hope you have a lovely weekend and thank you for all your support.

Important Dates

Spring Term

21st March	-	RED NOSE DAY	
9th April	-	Bankside's Got Talent	- Open to parents and visitors
		(Further Information to follow)	
11th April	-	Last day of Term	
14th - 25th April	-	Easter holidays	

Police Educational Visit

The Police visit today was a great success! Pupils had the chance to explore a police van, try on safety equipment as well as investigate the riot shields and other such items. Our pupils really enjoyed it and engaged well with the Police Officers.



This Weeks Recognition

Kay	for engaging well with the group during sculpture, using clay to make a fairy house.
Jayden	for excellent work around emotions during World of words session.
Harrison	for showing maturity and good engagement in his PSHE lessons
Clare & Archie	for showing great determination in solving Maths calculations during the week.
Zena	for amazing work with division and for great resilience in maths.
Daniel	for his initiative in setting up a petition for a bigger PE Hall.
Catalina	for showing great resilience whilst adjusting to new routines and new people in her life.
Oliver	for increasing his attendance and engagement in his English and Maths sessions.
Tom	for focused learning in English all week.
Oliver	for engaging in English lessons with humour and providing interesting answers.
Ola	for giving 100% effort in all her lessons and always having a positive attitude towards her learning.
Oliver & Bryan	for an excellent probability tree lesson; both worked really hard and achieved a lot in a lesson.
Zak	for an excellent few weeks of effort in Maths.
Jake	for attending the whole of his PSHE lesson and making valuable contributions
Ewan	for participating in his Outdoor Learning lesson within the woods and trying new things.
Teddy & Owen	for attending and putting in some great work for their first guitar lessons this week.
Hayward, Dylan, Archie & Hannah	for always handing their phone in at the start of the day as expected.

Word of the Week

As a school we have introduced Word Aware. Each week we pick a word and explore it's meaning to extend vocabulary and to develop understanding of more complex words.

Next week, our Word of the week will be **'Empathy'**.

Just as a reminder we are a **NO NUT** School, we have a number of pupils who have allergies, this includes for some pupils, coconut allergy, please be mindful of pupils using sprays or body lotions as they can be sensitive to this.

Clinical Team News

Sensory processing and yoga

Yoga is a fantastic practice for young people with sensory processing difficulties. It helps with balance, coordination, and body awareness, whilst also providing mindfulness and breathing exercises to help create calmness and regulation of the nervous system. Many of the poses involved in yoga offer vestibular and proprioceptive input through the bodies joints, muscles and inner ear, which supports the vestibular and proprioceptive systems. These systems are responsible for balance and orientation and for the ability to sense the body's position and movement. Yoga poses can make these systems more efficient – resulting in better sensory processing.



There are lots of short and engaging videos online that can support with embedding this into your young person's routines to aid their self-regulation at home – here are a few examples:

- [5-minute yoga for teens with Jess | Improve strength and flexibility - YouTube](#)
- [Easy Yoga for Kids | Improve Posture & Flexibility | Yoga for Children | Yoga Guppy](#)





Namaste!

BOOK YOUR PLACE NOW!

Preparing for Independence

Parents and Carers Evening

- **Wednesday 14th May 2025**
- **4:00pm–6:00pm**
- **Kidderminster College, Market Street,
Kidderminster, DY10 1AB**

https://forms.office.com/Pages/ResponsePage.aspx?id=hxj0rDe900WeZUfN513IWjQcxR25TEZHnl_kdnVDWORUOTNFSkc2OTM1OVk1V09TSjAxRFpRMExSWC4u&fbclid=IwY2xjawl_h2JleHRuA2FibQlxMQABHTVzMbbOlyK6Duki6WvMqsVeU0sB19xVwnTsdGgJ33mqrKhhDTusSAJESg_aem_t1Ctiskm9o_dG7NaTN7WCCQ

Red Nose Day

DON'T MISS OUR

RED NOSE DAY 2025

FRIDAY 21ST MARCH

WEAR RED FOR
DONATIONS TO
FOODBANK

food donations

What food & household items do we regularly need?

cereal
porridge
tinned fish
spaghetti
pasta sauce
tinned light meals
tinned main meals
curry sauce
rice
noodles
couscous
cuppa soup
tinned potatoes
sweetcorn
tinned vegetables
pulses /kidney beans
tomatoes
hotdogs
tinned meatballs
tinned meat
jam / spread
tinned fruit

gravy
biscuits
rice pudding
custard
savoury crackers
hot chocolate
coffee
tea
milk
sugar
toilet rolls
washing tabs
soap
toothpaste

