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Newsletter: 14th March 2025

# 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

9<sup>th</sup> April - Bankside's Got Talent - Open to parents and visitors

(Further Information to follow)

11<sup>th</sup> April - Last day of Term

14<sup>th</sup> - 25<sup>th</sup> 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,	for always handing their phone in at the start of the day as expected.
Archie & Hannah	

### 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:



Child Pose

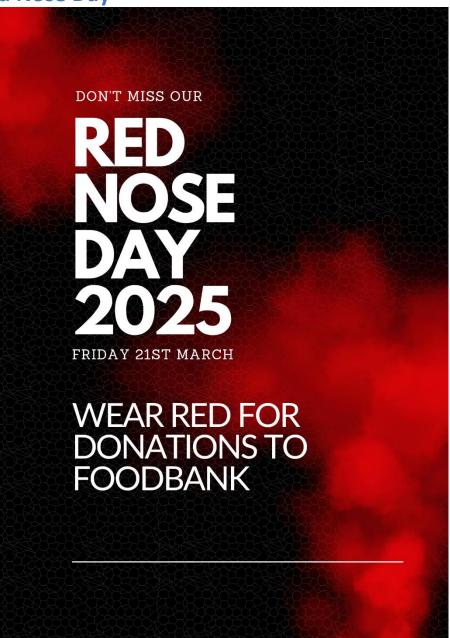
- 5-minute yoga for teens with Jess | Improve strength and flexibility - YouTube
- Easy Yoga for Kids | Improve Posture & Flexibility | Yoga for Children | Yoga Guppy

Namaste!



https://forms.office.com/Pages/ResponsePage.aspx?id=hxj0rDe900WeZUfN5I3IWjQcxR25TEZHnl k dnVDWORUOTNFSkc2OTM1OVk1V09TSjAxRFpRMExSWC4u&fbclid=lwY2xjawl h2JleHRuA2FlbQlx MQABHTVzMbbOlyK6Duki6WvMqsVeU0sB19xVwnTsdGqJ33mqrKhhDTusSAJEsq aem t1Ctiskm9o dG7NaTN7WCCQ

**Red Nose Day** 



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

