



**Bankside
School**

Headteacher: Kate Jasper
The Rhydd (on B4211 Road), Hanley
Castle, Worcestershire, WR8 0AD
Telephone: 01905 388 897
Email: info@banksidecollege.co.uk
Website: www.banksideschool.co.uk

Newsletter: 28th November 2025

Visible Consistency, Visible Kindness

This week has seen pupils taking part in new and different activities and representing Bankside positively, as noted in the nominations for awards outlined below.

Some young people have participated in horse riding for the first time in their lives and showed great resilience and bravery. Other pupils have taken part in a community project called 'Empowered minds' and displayed tremendous focus and engagement. All pupils being a credit to our school.

The Kindness club visited the Malvern Foodbank delivering your kind donations and there are some lovely photos below. Thank you again for your generous donations.

We finish this week with our first PFA workshop, supporting you as Parents and Carers. This week the session was run by SENDIASS and hosted by Learning Services Worcestershire, and was designed to equip parents and carers with the knowledge, tools, and confidence to support your young person in planning for the future. We had 10 participants and it proved a very beneficial session. We look forward to hosting similar events in the future.

Whether starting your Christmas shopping or taking a rest, have an enjoyable and positive weekend.

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.

Important Dates

Panto Trip: Tuesday 16th December

Parents Christmas Celebrations: Wednesday 17th December

Christmas Jumper Day: Thursday 18th December

Christmas Party / Last Day: Friday 19th December

Last Day of Term: Friday 19th December

Nominations

Star Learners: For outstanding effort and focus in lessons:

- **Ola D** - For consistent effort every lesson in maths, always there on time and always 100% effort.
- **Archie C** - For demonstrating courage and resilience, adapting to a new teaching group and timetable. He has shown a positive attitude to learning and kindness to members in his group.
- **Zak R** - For his amazing focus in music this week, a fantastic drummer!
- **Elsa S** - for being consistent and attending all of her lessons, engaging every time and producing amazing work. 😊
- **William E** - For having the confidence to read aloud to the group during an English lesson. Fantastic!

Kindness Champions:

For showing compassion, helping others and lifting the mood of those around you:

- **William E, Ren H, Betty B, Hannah W, Jayden B** - The Kindness Club: for taking all of the donations to the food bank and being great ambassadors for Bankside School. You helped deliver 47.27kg of food: that will make a massive difference to people's lives - especially around this time of year. Thank you for the kindness you are showing.
- **Ren H** - Always being so positive, polite, and well-mannered around school. She always holds open doors for others without second thought - a small act which really brightens everyone's days and puts smiles on faces!
- **Ewan L** - Ewan for showing enormous care, kindness and support to a peer in class this week on more than one occasion.

Progress Heroes: Special Mention:

For making visible strides in learning, behaviour and confidence:

- **Millie F, Erin B, Elsa S, Phoebe S, Jess B** - For showing outstanding courage and determination by stepping outside their comfort zone and taking part in their first horse riding session. Despite initial worries and anxieties, they demonstrated resilience, bravery, and a willingness to try something new. Their positive attitude and perseverance are truly commendable.
- **AJ SS** - for a successful visit to Acton Mill yesterday, he was kind and respectful, eager to help and carry out any task he was given, asked thoughtful questions and listened attentively to the answers. It was a pleasure to take him off site!
- **Stan B, Hayward F, Reuben H** - For being amazing representatives of Bankside while out in the community! Showing great respect, resilience and teamwork to others, and for being even better singers with their rendition of 'Last Christmas'!
- **Bradley T** - For attending his English lessons consistently and engaging well. It is always a pleasure to welcome him into the room.
- **Archie Ham** - For his hard work with the School's Facilities Team this week!
- **Kay E** - for showing fantastic resilience when dealing with timetable changes that were challenging and creating and amazing considered monologue in English!

About Me



A warm hello to everyone reading this- my name's Jacqui Cashmore and I am Bankside's new Catering Teacher. I'm genuinely thrilled to be joining such a caring school, and I'm looking forward to really getting to know the young people I'll be working alongside.

As you can imagine, I'm passionate about everything food and drink. I have been a secondary school teacher since 1997, and I have also spent time working in professional kitchens over the past 10 years. Most recently I have been working in a local SEND school and I'm enthusiastic to be able to bring my experience from these work environments to the young people at Bankside.

I love animals (and insects), am very happy when I'm out in nature, and very much enjoy cooking and eating, reading, walking, eating, music, watching films, eating, drawing and painting, gardening and ...eating. (Sometimes I do more than one of these things at a time.) I'm not sure if singing / dancing in the kitchen counts as a hobby. Do say hello to me when you see me around!

Autism Unpack Podcast

[Options Autism - YouTube](#)

Please see above link to all episodes of the Autism Unpacked. Episodes discuss different topics around autism. Please have a listen.



Word of the Week

As a school we continue to follow our 'Word Aware' focus. 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'**

Road Safety

Dear Parents and Carers,

We wanted to share an important update regarding road safety around the school. We have been in touch with the Highways Agency and are keen to work closely with them to reduce speed limit permanently.

To support this effort, we have now ordered appropriate signage to help slow traffic down near the school. In addition, there will be new signage in the car park to clearly mark the disabled bays.

A huge thank you to everyone who signed the petition—your support has been invaluable in building our case and moving things forward.

We will keep you updated as further progress is made.

Kind regards,
Kate Jasper

About Me



Hi, my name is Paul Childs, and I am an Outreach Teacher at Bankside School.

My job is to support children and young people who find it hard to attend school. I will work with you, your family and school to help you make school feel safer, calmer, and more manageable. We will go at a pace that works for you.

What I'm Like:

I am calm, patient and a good listener. I know that everyone is individual, and there is no "right" or "wrong" way to learn or communicate. I like working together to find solutions that feel comfortable for you.

Things I Enjoy:

- Running (5k – 100+miles)
- Going to the gym (I'm a qualified personal trainer)
- Walking in the mountains
- Chess
- Star Wars
- Uno and Dobble (and other board games) – I play a lot of games with my family; my 4-year-old beats me a lot!
- My dog – I have a fox red Labrador who is 12 months old. She loves going out for long walks or joining me on a run.

What You Can Expect From Me:

- ✓ I won't rush you
- ✓ I will listen to what works for you
- ✓ I won't judge you
- ✓ I will help you break things down into small, manageable steps
- ✓ I will always try to understand what school feels like from **Your** point of view.

I'm looking forward to getting to know you and working together in a way that feels safe and supportive.

Are you a family member of an autistic person? Join us for one of our reflective sessions to come together with other families.

These are free online events where you can share your experiences and connect with others who 'get it'.

Just some of the things guests have said they've enjoyed about past sessions:

- ✓ Listening to others
- ✓ Feeling part of a community
- ✓ The sense of not being judged
- ✓ Feeling positive and motivated

This month, we're exploring topics such as working with crisis teams, building autism and ADHD pride and supporting identity development in adolescence.

Book your place: <https://orlo.uk/RMCUw>

Autism Central is delivered by Anna Freud and commissioned by NHS England Workforce, Training and Education #AutismAcceptance



Kindness Club

Members of our Kindness club delivered the donations to Malvern Food Bank this week which weighed a massive 47.27KG. Thankyou all the generous donations.



Energy Accounting

As we approach the end of this Autumn term at school and energy levels are running low, the importance of energy accounting really comes into play.

Energy accounting, also known as social energy or a social battery, is a way of thinking about energy levels and managing stress, developed by autistic psychologist, Maja Toudal. It uses the idea of an 'energy bank account' where withdrawals and deposits are energy rather than money. The more our young people can learn, identify and accept what gives or takes away their energy, the more they will be able to make sure they are not doing too many things that could lead to them becoming overwhelmed or exhausted. We may need to take an active role in supporting our young people to embrace this approach initially. It is important to remember and recognise that everyone collects energy and 'recharges their battery' in different ways. The National Autistic Society have a useful guide (with worksheets) for young people, on energy accounting as part of their 'Know Yourself' series - [National Autistic Society Know Yourself series - Energy Accounting](#)

More information on the National Autistic Society's 'Know Yourself' series can be found here: [Resources for autistic teenagers](#)

Energy accounting

Energy accounting means **working out what gives or takes away your energy**. The aim of this is to allow you to manage your energy by making sure you are not doing too many of the things that could lead you to becoming overwhelmed or exhausted.

Everyone collects energy and 'recharges their battery' in different ways.

Things that give me energy:

- walks and nature
- quiet time alone
- listening to train and bus sounds
- being in an environment I feel comfortable in
- watching Netflix.



Things that reduce my energy:

- being in noisy places
- switching between tasks
- masking
- smiling all the time and being nice
- being out of the house.

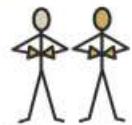


There are many ways to do energy accounting, some might use **colour-coded systems**; others might use **number rating systems**.

If you are using one of these energy accounting systems, **it is important to end your day with either a positive number or more green events** than red.

As you get older, having an occasional red or negative number day might be ok for you, as long as you build up your energy again as soon as possible.





We want to



connect with



children and young people



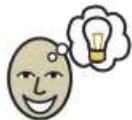
with



Special Educational Needs and Disabilities (SEND)



to gain



their opinions,



views and feedback



on the services



they use!

If you are someone, or know of someone who would love to take part in projects such as redesigning this leaflet or helping design a logo, contribute to a SEND newsletter or be part of a SEND forum to improve services in Worcestershire, please contact us on:



FIND OUT MORE



SENDco-productionteam@worcestershire.gov.uk



www.worcestershire.gov.uk/SENDcoproduction



Herefordshire and Worcestershire Integrated Care System



Herefordshire and Worcestershire



worcestershire county council



YOUR VOICE IS IMPORTANT!



your voice

is



important



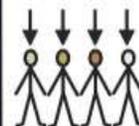
Chanika Benain

We are Co-production Officers for Children and Young People with Special Educational Needs and Disabilities (SEND) up to 25 years old.



Amy Knight

We would love to have children and young people with additional needs working closely with SEND services, to help inform decisions.



everyone



working together



on an equal basis



to improve services



Herefordshire and Worcestershire Integrated Care System



Herefordshire and Worcestershire



worcestershire county council