



**Bankside
School**

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Newsletter: 19th December 2025

Visible Consistency, Visible Kindness

As we come to the end of a busy and rewarding term, I want to extend my sincere thanks to all our parents and carers for your continued support. Your partnership makes an enormous difference to our pupils' experience, and we are truly grateful for the time, energy, and encouragement you give.

It was wonderful to see so many of you at our recent parent event. Your engagement and enthusiasm helps strengthen our community, and we deeply appreciate you taking the time to attend.

This term we are also saying goodbye to Louise Lloyd Adams, our Deputy. Louise has made a significant contribution to the school, and we know many of you will join us in wishing her every success and happiness as she begins her new endeavour. She leaves with our heartfelt thanks and warmest good wishes.

As we head into the festive break, I wish you and your families a very happy Christmas and a peaceful, joyful New Year. We look forward to welcoming everyone back in January, refreshed and ready for another exciting term ahead.

Important Dates

Christmas Party / Last Day: Friday 19th December

Last Day of Term: Friday 19th December

First Day of Spring Term: Tuesday 6th January 2026

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.

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.

Spring term's first week, our Word of the week will be **'Trust'**



£51
TOTAL DONATIONS

A huge thank you on behalf of Kindness Club. Our Christmas jumper day for Save the Children raised £51 so far!

There is still time to donate before the JustGiving page closes: [Bankside School Secondary - Christmas Jumper Day is raising money for Save The Children!](#)

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



Spare Clothes

Please remind pupils to bring a spare change of clothes with them when participating in PE and outdoor activities. We will be able to store individual spare kits in school if pupils would prefer to bring one to leave here rather than each week. If you are having a clear out, please feel free to send any old sports clothes, coats, trainers etc into school as donations that we can loan out.



Careers Visit Request



We are excited to invite you to participate in a special learning opportunity for our students. As part of our ongoing effort to help our young people learn about the world around them and explore future possibilities, PSHE lessons in the new year will all have a careers focus.

We would be delighted if you would consider coming in to speak with our students about your job, career path and the skills you use in your work. Hearing from a variety of adults about different professions helps students build awareness of the many opportunities available to them and inspires them to think about their own interests and goals.

If you are willing to take part in any way, please contact **Dominique Childs** via email: dominique.childs@banksidecollege.co.uk. We will work with you to schedule a convenient time to visit Bankside. Your presentation can be brief (10 to 15 minutes) and may include a simple explanation of what you do, tools or materials you use, or a story about what inspired you to choose your career. If you are unable to come into school but would still like to take part, a one-page profile or an overview of your career would be valuable to students.

Thank you for considering this opportunity to support our students' learning. We greatly appreciate your involvement and look forward to welcoming many of you to Bankside School in the new year.

Best wishes,

Dominique Childs
Lead PSHE



PSHE Activity During Parent's Afternoon.

Thank you to the staff, students and visitors that took part in creating our PSHE Kindness Wreath on Wednesday. It was truly warming to see such positivity.

🎄 Christmas Wellbeing Guide

🤍 Be Kind to Yourself

- ❄️ It's okay if Christmas doesn't feel magical — your feelings are valid.
- ❄️ Set realistic expectations for yourself and others.
- ❄️ Give yourself permission to rest without guilt.

❄️ Manage Stress & Overwhelm

- 📦 **Plan ahead:** Spread out tasks to avoid last-minute rushes.
- 📦 **Take breaks:** Step outside for fresh air or enjoy a quiet moment.
- 📦 **Say no:** You don't have to attend every event or meet every request.

🤝 Stay Connected

- 📧 Reach out to friends, family, or neighbours — even a short chat can lift your mood.
- 📧 If you feel lonely, join a local community event or online group.

🌀 Look After Your Body

- 🍷 Eat and drink mindfully — enjoy treats but listen to your body.
- 🚶 Keep moving: a short walk, dancing to music, or gentle stretching can boost energy.
- 🛌 Prioritise sleep — aim for a consistent bedtime.

🧠 Support Your Mind

- 📖 Practice gratitude: note 3 small things you're thankful for each day.
- 🧘 Try calming activities: reading, puzzles, crafts, or mindful breathing.
- 📵 Limit news and social media if it feels overwhelming.

☎️ If You Need Extra Support

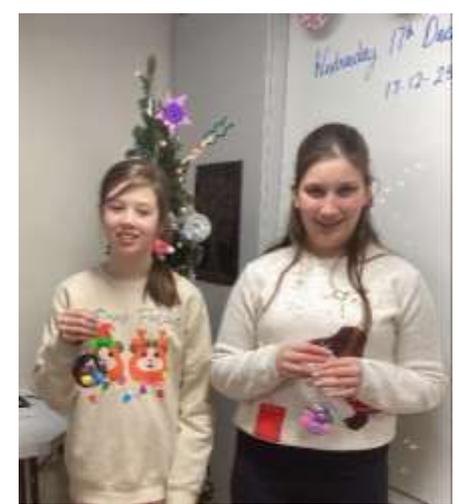
- Samaritans – Call **116 123** (free, 24/7)
- Shout – Text **'SHOUT'** to **85258** (free, 24/7)
- Mind – **0300 123 3393** (Mon–Fri, 9am–6pm)

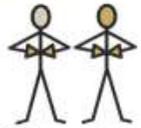


Christmas Week



Christmas Week continued...





We want to



connect with



children and young people



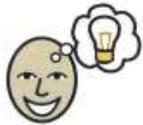
with



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



YOUR VOICE IS IMPORTANT!



your voice

is



important



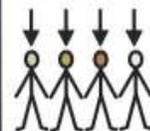
Chanika Benain

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

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



Amy Knight



everyone



working together on an equal basis



to improve



services

