



St Catherine's School & College

Specialists in Speech, Language and
Communication Needs

St Catherine's
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Isle of Wight
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Autumn Term Week 1

5th September 2025

Dear Parents/Carers,

Welcome to the new academic year! We are so excited to have our students back and ready to learn.

We would like to extend our congratulations to all of our students who received their exam results over the summer. Your hard work, dedication, and perseverance have truly paid off. We are immensely proud of your achievements and the fantastic results you've earned.

Thank you for your continued support in your young person's education. We believe that by working together, we can provide the very best experience for our students. Please don't hesitate to reach out to us with any questions or concerns as the year progresses.

We wish you and your family a wonderful and successful academic year.

With best wishes,

Sarah Thompson
Principal

THE GROVE AFTER SCHOOL CLUB

We are holding 'The Grove' after school club every Tuesday 3:30pm - 5:00pm.

September

9th - Indoor/Outdoor Games

*All activities are weather dependent. If the weather is not suitable for an outside activity, an indoor alternative will be arranged. Sessions have to be booked in advance and parents/carers are able to book block sessions. If you have any queries or would like to book, please contact The Grove Team on: the-grove@stcatherines.org.uk
Transport must be arranged by parents. £2 per week.*



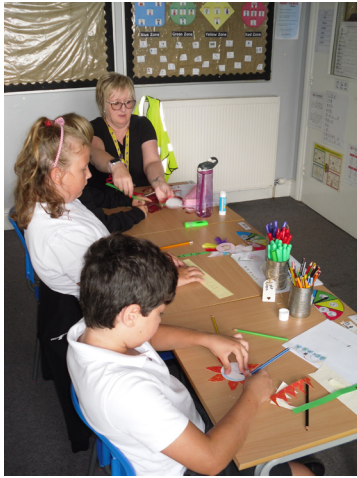
Artsmark
Silver Award
Awarded by Arts
Council England

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BLOOM CLASS

Bloom class have had an excellent first week back. This week we have focused on getting to know each other and learning about the new rules and routines and St Catherine's. We also researched whom our class is named after (Orlando Bloom) and what makes him neurodivergent. We then made a wonderful canvas to portray our class. We attended our first assembly altogether whereby Miss Fradgley wrote us all a very thoughtful letter telling us to believe in ourselves this year and to remember the core values - courage, resilience, respect and ambition. Well done Bloom class!



RADCLIFFE CLASS

We have had such fun this week! We are called after Daniel Radcliffe who started his career as Harry Potter. We have been doing lots of Harry Potter activities including making a potion in a jar, making a gold notebook, collecting items for a cauldron and creating a wand. All the students have really settled in and are friends already! We finished off the week by creating a 'reading corner'. We painted the walls (on paper) and made lots of mini beast creatures as our topic is 'Mini beasts'.



HOPKINS CLASS

Hopkins class have had a truly super first few days back at school. We have all got to know each other and are starting to build good relationships with the new staff. Miss Cook has been really impressed with all our hard work and amazing effort. We researched about whom our class is named after (Anthony Hopkins) and all completed a brilliant biography about his life. We watched a little clip of one of his films, 'The World's Fastest Indian', a true story based on breaking the land speed world record. Most of us are keen to watch the whole film sometime.

PACKHAM CLASS

The students in Packham class have had a great first week back. We have been doing various activities to gently get back into being ready for school. We have all worked together really well and are quite lucky that we were all in the same class last year. Our class is named after Chris Packham, the TV presenter and naturalist. He has links to the Island and is involved with the Wildheart Animal Sanctuary in Sandown. We are looking forward to starting our lessons properly next week and meeting some of our new teachers.

OLIVER CLASS

A fantastic few days back at school. We have learnt all about Jamie Oliver and written letters to him to introduce ourselves as 'Oliver Class'. We have also invited him into school for a visit and maybe taste our amazing school dinners! We have been sharing our Summer holiday news and spending time getting to know each other. We have been looking at our timetable and learning our English and Maths groups and thinking about which rooms we need to move to and equipment we need to have. We know we will have lots of support in our new timetable over the next few weeks and look forward to gaining independence with it.

AUSTEN CLASS

Austen class has had an amazing return to school. We have learnt a lot about ourselves and had fun doing so. We showed confidence in speaking in class. We are researching Austen and know the year ahead is going to be full of fun.

GOLDBERG CLASS

Goldberg class had a great first week back, everyone has been enjoying hearing what we all got up to in the summer holidays. We have been doing research on who our class is named after... Whoopi Goldberg. We learnt that her original stage name was actually Whoopi Cushion!!!! We individually created a timeline of Whoopi's life and learnt some really interesting facts. We completed a team building exercise which was good fun. We are looking forward to getting back next week - great start Goldberg class!

BURTON CLASS

Everyone seems happy to be back and has settled in well! We have started with thinking about how we like to be treated and have written our own class rules so that everyone can feel comfortable in our classroom. We have completed some work on our class name and learnt that Tim Burton is a film director. One of the films he directed is 'Alice in Wonderland'. We have researched the life of Tim Burton, read a shortened version of 'Alice in Wonderland' and completed a story sequencing activity. We are looking forward to making our class canvas.

NEWTON CLASS

Newton Class have been fantastic at settling back in after the summer holidays. Everyone seems to be pleased to be back at school with their friends. We spoke about what was the most interesting and funniest part about the summer holidays. We have been on a plant and bug treasure hunt to see what we could find, to then have a closer look under the microscope. We have been learning interesting information about Isaac Newton.

BRANSON CLASS

We have finished our team challenges making a mermaid in a clam using a mechanism to open and the other group made a 1950's F1 car. We have been working on our goals for the year and identify things we would like to work on. We have also been making a timeline for Richard Branson's life.

WATSON CLASS

This week in Watson class we have been doing tutor activities which have included making a biography about Emma Watson and reading aloud parts of her UN speech. We have worked as a team to make our canvas painting and worked with great thought to identify our own targets for the Autumn term. We made a note of how we will know we have achieved our aims and who might be able to help us. We have completed a therapy session about holiday news and an OT task.

6JG CLASS

We have had a fantastic first week back spending time with our new tutor group and staff after the summer. On Wednesday, we made our own board games. We developed our own rules as well as pieces and dice. We are about to find out how they work by playing them. We also had a book club, where we each discussed a book that we had read and explained why we would recommend it.

6AMD CLASS

A good but wet welcome back to college! We have enjoyed catching up with one another's holiday news and enjoyed making fabulous assorted shortbread with Traude on Wednesday afternoon. We enjoyed pancakes and discussed what goals we have in the future that we can work on in OT e.g. booking travel and filling in forms. We started to work on our class pictures that will be put up in Jo's office.

6ILP CLASS

The new class engaged very well with each other. Lots of introductions, kindness and independence. We were able to time travel and consider clues for the old favourite past time of 'Spot the Ball'. Not as easy as we initially thought. We then carried out some maths work which evolved into visually pleasing art work using scissors and symmetry. Continuing with the art process we were able to begin our globe project, we created small orbs which we plan to cover with creative sea life. We were able to create our sixth form canvas inspired by nature and concluded the week with cooking some dog treats which were given to suitable members of staff. An excellent start to the term.

FOREST SCHOOL AUTUMN/WINTER CLOTHING GUIDE

Here is a guide to clothing for Autumn /Winter Forest School. Having suitable clothing helps students stay comfortable outside, protects from weather, scratches and stings and helps them to access outdoor sessions comfortably.

We have a selection of waterproof trousers, jackets and wellies for students to use. If you have any problems accessing suitable clothing please don't hesitate to contact me:

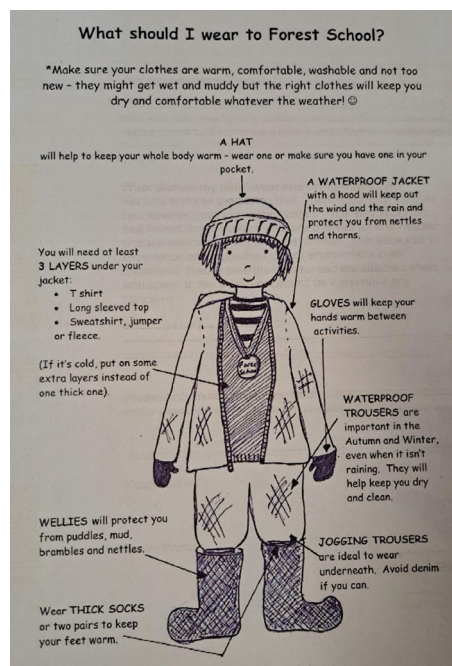
atkinsa@stcatherines.org.uk

Alison Atkins (Forest School Leader)

Suggested Autumn Winter Clothing List

- Layers of clothing, vest/t-shirt/jumper or fleece
 - Jogging bottoms/leggings
 - Socks
 - Sturdy shoes/trainers/wellies
 - Hat/gloves
 - Waterproof jacket

Classes doing Forest School this term: **Bloom, Goldberg and Austen**



CASINO
Night

SATURDAY 13TH SEPTEMBER 2025
VENTNOR CRICKET CLUB
7PM FOR 7:30PM START
TICKETS - £15 EXCLUDING BOOKING FEE
INCLUDING CANAPÉS AND
FIRST SET OF CHIPS

TO BOOK SCAN

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175TH ANNIVERSARY
VENTNOR CRICKET CLUB
1850-2025

Charity Number 288148

CAN YOU SUPPORT OUR CHAPEL PROJECT?

Our school chapel has a special place in the heart of our community. Over the years it has been the hub of school celebrations as well as a place of reflection and contemplation. We are looking to raise £10,000 to improve the space, retaining the chapel's original features but adapting it to ensure it can best meet the needs of our students. In particular, the aspects that we would like to improve are:

- Replace the current pews with more comfortable seating, which are more suited to our students' needs
- Install a sound loop to support our students with hearing impairments
- Restore the chapel to its original glory by cleaning the stained glass windows and redecorating the floors and walls

If you are able to support this project then please visit our fundraising page:

https://www.justgiving.com/campaign/stcatherinesschoolchapel?utm_medium=CA&utm_source=CL

Any donations over £100 will feature on our thank you wall in the chapel.



**Thank you to
everyone who
has donated
so far!**

SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken/ Vegetable Curry or Jacket Potato with choice of filling	Toad in the Hole/Vegetable or Plain Sausage or Tomato Pasta	Roast Beef/ Vegetable Burger or Tomato Pasta	Macaroni Cheese with a Baguette or Jacket Potato with choice of filling	Beef or Vegetable Burger/Fish Fingers with Chips or Jacket Potato with choice of filling
Salad Bar Tuna or Mackerel	Salad Bar Cheese & Egg or Mackerel	Salad Bar Ham or Mackerel	Salad Bar Tuna or Mackerel	Salad Bar Cheese or Mackerel
Fresh Fruit Platter	Artic Roll	Fresh Fruit Salad	Cookies	Pudding of the Day

Fresh vegetables and salad are available with all main meals. Fresh fruit and yoghurt are always options for dessert.

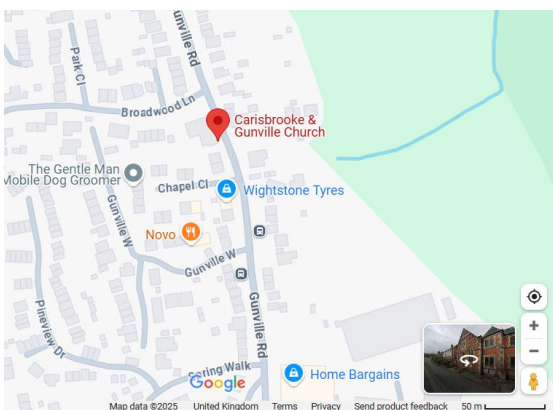
**Isle of Wight
Neurodiversity
Team**



Parent and Caregiver Peer Support Sessions

Where: Gunville Methodist Church Hall

When:



11th September 2025 (10am - 12 noon)
6th November 2025 (10am - 12 noon)
15th January 2026 (10am - 11am)
5th March 2026 (10am - 12 noon)
7th May 2026 (10am - 12 noon)

Come along to meet with other parents / caregivers for an informal meet up and chat about your neurodiversity journey. Refreshments provided. No need to book, just turn up.

Free onsite parking.



Come Join Us

At



The Grove

LEGO club



Tuesdays



3:30pm

To



5:00pm

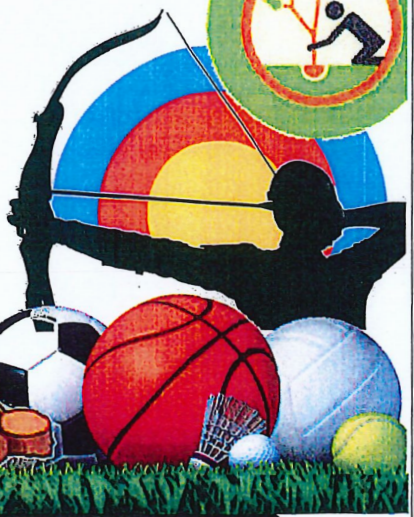


£2 Each Week

the-grove@stcatherines.org.uk



St Catherine's
Together a voice, a future



OUTDOOR ADVENTURES

St Catherine's
Together a voice, a future



Come



join

us at The



Grove

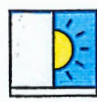


Tuesdays

at



3:30

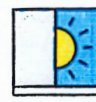


pm

to



5:00



pm

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College