



St Catherine's School & College

Specialists in Speech, Language and Communication Needs

St Catherine's
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Spring Term Week 2

16th January 2026

ACHIEVEMENTS & AWARDS

The Reader of the Week award has been

presented to:

Charlie-Joe



The Behaviour For Learning award has been

presented to:

Halle
Charlie F
Holden
Bailey
Jasmine
Caitlin
William L



The Behaviour For Character award has been

presented to:

Lydia
Megan
Tim
Aaron



The whole of Austen Class

Josh F

The Principal Praise award has been

presented to:

Jamie B

Well done to all students who received awards this week!

ATTENDANCE

6AMD - 98.15%

6ILP - 100%

6JG - 98.15%

Austen - 100%

Bloom - 88.89%

Branson - 84.44%

Burton - 93.06%

Goldberg - 93.33%

Hopkins - 100%

Newton - 100%

Oliver - 96.3%

Packham - 98.15%

Radcliffe - 98.15%

Watson - 88.89%



Well done to all classes who were here everyday this week!

DATES FOR YOUR DIARY

February

2nd National Storytelling Week

13th Last day of half term

21st Mother Language Day

22nd Residential students return

23rd School reopens after half term



March

5th World Book Day

THE GROVE AFTER SCHOOL CLUB

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

January

20th - Lego

27th - Ventnor Walk or Sports

(weather permitting)

February

3rd - Clay Crafts

10th - Painting Crafts

24th - Basement 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

Registered Charity No. 288148
Company Limited by Guarantee No. 1757474



BLOOM CLASS

This week in assembly, we looked at the importance of keeping safe online, especially with many children receiving new devices for Christmas. In PSHE, we continued our work on e-safety, discussing what information should and should not be shared online and how to make safe choices when using the internet. We really enjoyed PE this week, focusing on a mixture of gymnastics and table tennis. In topic work, we have been continuing our learning about the Arctic and explored animals that live there, comparing them to animals we might find in the UK. In English, we started our new focus story, 'Lost and Found', and have enjoyed making predictions about the text. In Maths, we have continued our shape topic and this week we moved on to learning about 3D shapes.



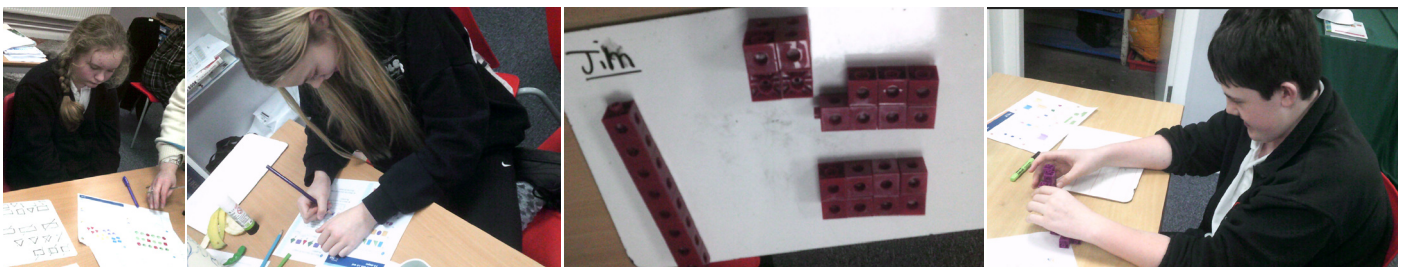
RADCLIFFE CLASS

In PSHE we discussed Online Safety. The students were very knowledgeable about keeping their name and school private and not to tell strangers. During English, we went over the class story, 'The Great Explorer' and retold it in our own words. It is a complicated story with lots of mini-adventures but together as a class, the students remembered all of it! As part of our Maths lessons this week, we have readdressed place value. We are learning how many tens and ones there are in a two digit number. In Geography, we are finding out which countries are hot and cold. We have learnt where the equator is.



HOPKINS CLASS

In Assembly this Monday, we talked about the importance of Online Safety. We continued this in PSHE and looked at occasions where we need to maintain awareness of what is safe to be shared online. In English, we finally read this term's book 'Captain Scott: Journey to the South Pole'. Some of us think he is a hero for setting out on his exploration of Antarctica, but we were all shocked to read that the ponies and five of the crew died on the journey! Frostbite looks gross too! In Art, we have continued looking at Vincent van Gogh's 'Starry Night' painting and this week, we explored the use of acrylic paint. Within Maths, we have been naming 2D and 3D shapes and looking at repeated patterns. We loved Forest School this week, we got to play games and then have hot chocolate - yum!



PACKHAM CLASS

In Maths, some of us are learning about time. We have been reading and marking times on analogue clocks and then converting digital time to analogue time and vice versa. In English, we have continued our work on 'The Great Kapok Tree'. This week, we have looked at all the animals in a Rainforest, chosen one and then listed what it eats, where it lives, what it looks like and how it moves. We will use this information to make a calligram which is an image of our animal with all the words inside. In Science, we have started our new topic of animals including humans. We are looking at the different animal groups and their features. We found out that we are in the mammals animal group. In Humanities, we are finding out about trade and the economy. We looked inside our shoes, jumpers and jackets and found out that they are made in lots of different countries such as Bangladesh, China and Vietnam.

OLIVER CLASS

This week, we have been continuing with our class text of 'How to Train Your Dragon'. We have got to the exciting part of Thor'sday Thursday, and Hiccup and Toothless are starting their initiation ceremony! In Science, we have been classifying living things using Carroll diagrams and Venn diagrams. We have had lots of discussion around vertebrates, invertebrates, carnivores, herbivores and omnivores and have been impressed by how much information we have remembered from previous years of Science learning. In Music, we have started our project about our favourite artist.

AUSTEN CLASS

In Forest School, we practised fire lays, we made individual fires that we put together to make one big communal one and toasted bread on sticks. During PSHE, we talked about internet safety and how we should use our devices safely. In Science, we looked at carnivores, herbivores and omnivores. This was interesting and we all remembered what we had previously learnt. In English, we looked at nouns and the meaning of words from the book 'Holes'. In Maths, we were engaged with populations and working out each country per area squared. In PE this week, we began to learn about Capoeira, a dance which began in Brazil. We also continued to practise our handball skills and focused on our long range throwing.

GOLDBERG CLASS

We had a very wet Forest School session this week so we worked in our cosy hut on our woodcraft skills. We learnt aspects of knife tool safety and forehand grip techniques. In English, we continued to read 'Holes' and then completed a written comprehension on the chapters we have read so far. In PSHE, we discussed online safety and looked at different scenarios where we need to maintain awareness of what is safe and what is not. In our Communication Group, we looked at 'My Happy Mind'. In ICT, we have been working on WJEC coursework for our Desktop Publishing project.

BURTON CLASS

In Humanities, we have started our new topic on Trade. We used an atlas to help us find and label the continents and oceans. In Science, we are learning to classify different types of animals. We have been using Venn diagrams to help us. We have classified herbivores, carnivores and omnivores. In English, we have been learning how to use different types of punctuation, answering questions about the text we have been reading and practising using headings and subheadings. We are excited about being able to create our own Thors'day Thursday Celebration. In PSHE this week, we reminded ourselves how to stay safe when we are online.

NEWTON CLASS

This week in Newton Class, we have been reading and learning more about our new book 'Holes'. In Science, we have begun exploring the topic of Space. During PE, we learnt how to serve in badminton. In PSHE and Communication Group, we focused on online safety. In Humanities, we completed our coursework comparing what St Catherine's was like when it first opened to what it is like today. In ICT, we wrote about what emails to delete and how often to delete them to declutter memory on a computer/tablet/phone and learnt more about coding. In Maths, some of us have been doing fractions and area, whereas others have been learning about different angles.

BRANSON CLASS

In English we all read part of our book 'Holes'. We used a thesaurus to find synonyms - different words with similar meanings. We can then use more interesting words in our writing. In DT, we are working on making our clocks that we designed last term. We have started cutting out our shapes and building our different designs. In OT, we have been split into two groups; one group have been cooking spaghetti bolognese and the other group is meeting with different people to talk about different careers.

WATSON CLASS

In Maths, we are working on fractions. In English, we are working on 'The Christmas Carol', looking at the terminology. In Science, we are exploring craters on the moon and the International Space Station. In PE, we have been doing badminton and learning the key skills. In PSHE this week, we reviewed our knowledge of internet safety by completing a booklet and discussing changes to technology. In Humanities, we are looking at St Catherine's in the past. In our Communication Group session, we have been learning about the effects of different illegal drugs and discussing how people become addicted and how we would help someone. One student has started going to the house one evening a week to join activities and we have a few taking part in work experience placements.

6JG CLASS

6JG GCSE Photographers went to visit Quay Arts to look at their current exhibition 'Rag and Bone' by artists Teresa Grimaldi and Sarah Vardy as a part of our new project. We had a great time looking at all of the different work and giving it a visual language. We met with curators from the gallery as well as the artists themselves and were able to talk to them about their work and discuss its qualities with them.



6AMD CLASS

This week we celebrated a birthday! In Maths, we have started to study circles, we now know all about radius and diameter. In Music, we are continuing with our learning about romantic composers and looking at nationalistic influences on their compositions. In Vocational, we have started to come up with narrative ideas that we will develop into a short film. In Science, we have continued to study different factors impacting rates of reaction and have completed another fun practical! In Photography, we have received our component two controlled task papers and have been looking at which questions we might select to work on this term.

6ILP CLASS

6ILP have been on the move this week. We visited Arreton Barns on a very damp day. We were able to see how glass was heated and shaped with a local glass blower. We fed the fish at the pond and had a wander round the 12th century church on the hill. Back at college, we were able to conclude our measuring activities using functional scenarios. We were then able to produce art work for this year's Unique Arts Award contest. We created an oversized 2D painting based upon 'pipes'. Finally, we were able to consider online safety and who we can and can't share specific information with.

FREE ANNUAL HEALTH CHECK

It is important that everyone over the age of 14 who is on their doctor's learning disability register has an annual health check. Anyone aged 14 or over who is on their doctor's learning disability register can have a free annual health check once a year. Check with your doctor's practice if you or the person you care for is on the register.

An annual health check can help you stay well by talking to a doctor or nurse about your health and finding any problems early, so they can be sorted out.

You do not have to be ill to have a health check – in fact, most people have their annual health check when they are feeling well.

Contact your doctor to access this free health check.

More information can be found at

<https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/>

CHARITY SHOP DONATIONS

Our Christmas season was a huge success, and now we need your help to fill our rails again. We are looking for donations of ladies' clothing. Donations can be dropped off directly to St Catherine's Charity Shop, Church Street, Ventnor or to our school or college sites. Every bag makes a difference. Thank you!



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.

ST CATHERINE'S
FUNDRAISING GALA DINNER

18TH APRIL 2026
NORTHWOOD HOUSE
COWES

TICKET PRICE £60

INCLUDES WELCOME DRINK AND 3-COURSE MEAL

6:30PM DOORS OPEN
12AM CARRIAGES
DINNER-DANCING-AUCTION
TO BOOK PLEASE EMAIL
SMITHT@STCATHERINES.ORG.UK



SKYDIVE FOR
ST CATHERINE'S

18TH AUGUST 2026

TO REGISTER YOUR INTEREST
EMAIL TANYA
SMITHT@STCATHERINES.ORG.UK



WINGWALK FOR
ST CATHERINE'S

10TH AUGUST 2026

TO REGISTER YOUR INTEREST
EMAIL TANYA
SMITHT@STCATHERINES.ORG.UK



What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College