



St Catherine's School & College

Specialists in Speech, Language and
Communication Needs

St Catherine's
Grove Road
Ventnor
Isle of Wight
PO38 1TT

Tel: 01983 852722

Email: general@stcatherines.org.uk

Website: www.stcatherines.org.uk

Autumn Term Week 4

2nd October 2026

ACHIEVEMENTS & AWARDS



The Reader of the Week award has been
presented to:

Toby K

The Principal's Praise award has been
presented to:

Brooke & Junior & Gwehona

The Behaviour For Learning award has been
presented to:

Henley	Charlotte	Elliott B
Sonnie	Levi	Kriste
Kayan	Eric	Mrs Gooden's
Gracie	Sophia	Maths group



The Behaviour For Character award has been
presented to:

Bailey	Nicholas	Apryl
Jamie	Harri	Cosmo



ATTENDANCE

6AMD - 90.48%

6ILP - 100%

6JG - 96.83%

6SAF - 88.89%

Apollo - 100%

Neptune - 92.59%

Sharman - 87.5%

Orion - 83.33%

Pluto - 100%

Peake - 96.3%

Artemis - 94.44%

Saturn - 95.24%

Venus - 95.06%



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

DATES FOR YOUR DIARY

7th October - School student photos

8th October - Flu Jab (School)

14th October - College student photos

Well done to all students who received
awards this week!



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.



APOLLO CLASS

During PSHE this week we looked at strategies to help us when we are feeling 'lonely' or 'unhappy'. Some students discussed asking a friend to play or telling an adult how they feel. The class enjoys stories and have used them to help understand feelings. We had such fun in Science this week as we created a 'Rainforest' in a bottle! We used gravel, soil, moss and put in a toy frog. The students absolutely loved making the bottle. We have displayed it on our 'table of interest'. In Maths, we are continuing to use 'part-whole models' to add. We are also learning how to use a 'ten frame'.



NEPTUNE CLASS

This week in PSHE, we explored how being online can affect our mental wellbeing and discussed practical ways to use technology in a safe, healthy way. In Maths, we continued building our place value skills. We compared numbers using vocabulary like fewer than and greater than, plotted values across different number lines, and applied our learning to problem-solving tasks. In English, we started our new class book, 'We're Roaming in the Rainforest!' We started by making predictions about the story, then used the opening pages to create our own questions. In Science and Geography, our rainforest topic led us to explore the different structural layers of the rainforest and investigate the amazing animals that live there. See if your child can tell you a fun rainforest fact, or name an animal and the layer it calls home!



SHARMAN CLASS

In Assembly on Monday we learnt about World Heart Day that was celebrated on Tuesday 29th September. We talked about the importance of keeping our heart healthy, so each day we have completed a Joe Wicks' 5 minute workout. It definitely got easier by the end of the week! In English, we have started our class text 'We're Roaming in the Rainforest.' We all read at least a page each and noted that the text, rhymes. We looked through each page and found all the rhyming words. In PE, everyone has worked hard practising their tag rugby skills. It's been wonderful to see everyone's confidence grow as we get ready for friendly games! In Science, we've been animal detectives! We are learning about different animals, their habitats (the places they call home), and what helps them survive there.



ORION CLASS

We enjoyed a lovely Forest School session, continuing our tree identification skills and using conkers which come from the horse chestnut tree to make craft items. We learnt about different noises in Science and we went on a sound walk. We saw an amazing rainbow. We have been practising hockey and tag rugby in PE. Maths has been fun. We made a caveman storyboard in English

PLUTO CLASS

In PSHE this week, we have looked at things that make us unhappy and strategies we can use to help us feel better. We have also thought about what makes it difficult to join a new club or activity and what could help us to do this. In English, we have started to write a letter to our friend describing how we ended up in the Stone Age, the activities that we did while we were there and how we arrived home. In Humanities, we continued with our learning about tectonic events. We looked at the structure of a volcano and what causes it to erupt. In Maths, we are continuing to learning about place value by adding and subtracting 1, 10, 100 and 1000 from a given number.

PEAKE CLASS

In PE, we continued to hone our skills dribbling the hockey ball with control. We learnt a new dribbling technique which is called Indian Dribbling. In Maths, we worked on Mental Strategies to help us work out addition and subtraction of large numbers. During English, we read text and edited it to find the mistakes such as not using punctuation correctly. Then we read some more of 'Stig of the Dump' and answered questions about what we had read.

ARTEMIS CLASS

In our PE lesson we worked on passing the ball while moving in rugby.

SATURN CLASS

In Assembly this week we discussed World Heart Day, to raise awareness about cardiovascular disease and how to prevent it. In PSHE this week we have been looking at Well-Being For Life and focusing on Stress, what it is and how we can deal with it. During DT, we continued to make our templates and cut the material out for our soft toys ready to sew. In PE, we continued working on our tag rugby skills and practising passing the ball whilst moving.

VENUS CLASS

In PSHE, we talked about further qualifications and choices. Then in Maths we are studying rational numbers and irrational numbers. In PE, we continued into small games of rugby. During English, we are continuing to read 'Blood Brothers' and look at the terminology. In TIG, we interviewed maintenance and talked about different careers and doing work experience, which the majority were very enthusiastic about. In hockey there were a lot of great partnerships and good players.

6SAF CLASS

This week we have been working on 'Calling the Whales' in English where we were doing some reading and comprehension. Most of us headed to the Maritime Careers fair in Cowes and were all really excited to see whatever's there. In Food Lessons we have started planning a charity coffee afternoon for staff to raise money for Mountbatten.

6JG CLASS

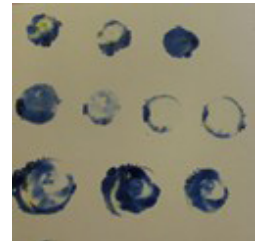
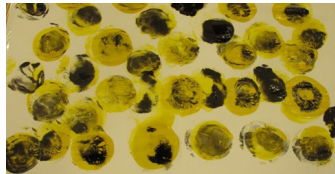
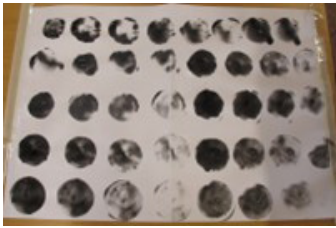
In History, we have been creating a timeline of events leading up to WW1 with events from 1900 to 1914. In Food and Nutrition, we have been preparing recipes for an upcoming staff cakes sale. We have been working to find different recipes. In Music, we have been learning leitmotif which is a soundtrack that goes with a character, location or theme. We have also been starting to compose our own leitmotifs.

6AMD CLASS

In English this week, we have been learning our first batch of language techniques. These will help us to make our writing more engaging. In Landbased, we researched careers in the Landbased sector and are writing leaflets on various job choices. In History, we studied the first and second Moroccan crises of 1905-1906 and 1911. Some of us went to the Maritime Careers Fair in Cowes.

6ILP CLASS

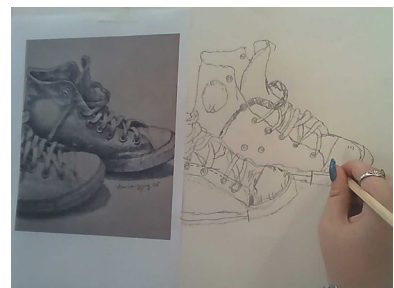
The students were very busy this week. Learning began with a trip to the Quay Art centre. We were able to observe the 'Ryde Collective exhibition'. Very much based upon the abstract. Students were able to talk freely about particular pieces of interest. Presenting explanations for some very abstract production. Back at College, students were able to complete an interesting print activity using found objects. They engaged with some functional skills in regard to local shopping, sentence structure and digital editing.



COLLEGE NEWS

As part of the Fundamental British Values calendar, in College we marked International Peace day. We discussed what peace means to us and that we need to be more tolerant of others opinions, kinder to each other and think how we can positively affect our communities. We are making a mobile of clay peace symbols to display at College.

GCSE Y1 OBSERVATION DRAWINGS



Breakfast Club Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 Pancakes	 Scrambled Eggs	 Pancakes	 Scrambled Eggs	 Pancakes
 Toast	 Toast	 Toast	 Toast	 Toast
 Cereal	 Cereal	 Cereal	 Cereal	 Cereal
 Yogurt	 Yogurt	 Yogurt	 Yogurt	 Yogurt
 Fruit	 Fruit	 Fruit	 Fruit	 Fruit
 Boiled egg	 Boiled egg	 Boiled egg	 Boiled egg	 Boiled egg
 Porridge	 Porridge	 Porridge	 Porridge	 Porridge
 Milk	 Milk	 Milk	 Milk	 Milk
 Water	 Water	 Water	 Water	 Water

SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta/Quorn Bolognese or Jacket Potato with choice of filling	Jumbo Sausage/Cheese & Onion Roll or Tomato Pasta	Roast Lamb/ Vegetable Burger or Jacket Potato with choice of filling	Pizza with Wedges or Tomato Pasta	Battered Cod/ Fish Fingers/ Quiche 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	Rice Pudding	Fresh Fruit Salad	Fairy Cake	Pudding of the Day

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

MUSIC LESSONS

We shall be welcoming a new drum tutor this year - Tom Gardner. He is very accomplished and is well known for playing with The Bees - a well known and successful island band. Lessons for Music tuition will be due to start from Tuesday 22nd September.

PARENTS' COFFEE MORNING

Freya Sadler and Claire Franklin are in the process of organising the next Parents' Coffee Morning which will take place soon after half term. We organise this via a Facebook group. All parents or carers, including new parents, who have a child at St Catherine's are very welcome to join the group. Please find the 'Parents of St Catherine's Students' group on Facebook and apply to join - and Freya will log you in.

Sam Stevens, the newly appointed Family Liaison Officer at St Catherine's, would like to attend our meeting and is looking forward to meeting parents at our coffee morning.

ARTSMARK QUESTIONNAIRE

Please complete this short survey about the use of Arts in school. We are looking for parents with skills in art, dance, craft, music, creative writing, drama and more, that you can share!

Please include your name in the survey if you can help.

<https://forms.gle/H4v6fHfQ3Cwi9kWo9>

FUNDRAISING

Excitement is building for our upcoming Christmas Market, and we are thrilled to announce that MCM Construction has officially joined us as our event sponsor! Their incredible generosity ensures we can bring this festive wonderland to life, featuring local craft stalls, holiday treats, and live seasonal entertainment for the whole community.

If you would like to suggest a fundraising idea, we are always welcome new ideas!

St Catherine's

A registered Charity no. 288148
Recognised by the Department for Education (DfE)
Grove Road, Ventnor, Isle of Wight, PO38 1TT
T: 01983 852722 E: general@stcatherines.org.uk
www.stcatherines.org.uk

Fundraising Enquiries

For further information about our fundraising activities, contact our Fundraising Team on: 01983 852722 or email: smitht@stcatherines.org.uk



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RESIDENTIAL OPEN DAY TUESDAY 10TH NOVEMBER 2026

St Catherine's residential provision supports young people
aged 11 - 19 with speech, language and communication needs
Free travel across the Solent for the open day provided

To register your interest, please visit our website:
<https://www.stcatherines.org.uk/open-day-interest-form>

Speech &
Language Therapy

Occupational
Therapy

Sign Supported
English

Residential and
Day School

For more information please contact our
Admissions Team on 01983 852722 or email
admissions@stcatherines.org.uk



Residential
School & College

Registered Charity Number 288148
Company Limited by Guarantee (Number 1757474)
St Catherine's, Grove Road, Ventnor, Isle of Wight, PO38 1TT
T: (01983) 852722 E: general@stcatherines.org.uk
www.stcatherines.org.uk



Education
School & College



The Isle of Wight
College

Your Future Starts Here

2026/27 Open Days

OPEN EVENING

Thursday 17th September
NEWPORT & WHIPPINGHAM CAMPUS

5pm - 7pm

OPEN DAY

Saturday 30th January
WHIPPINGHAM CAMPUS

10am - 1pm

OPEN DAY

Saturday 7th November
NEWPORT & WHIPPINGHAM CAMPUS

10am - 1pm

OPEN DAY

Saturday 13th March
NEWPORT & WHIPPINGHAM CAMPUS

10am - 1pm



St Catherine's School & College
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MCM CONSTRUCTION

St Catherine's School

CHRISTMAS MARKET

Saturday 12th December

St Catherine's Church
Church Street, Ventnor
10:30am till 4pm

Free Entry
Raffle
Christmas Shopping
Live Music
Games
Special Guests

FR
Registered with
FUNDRAISING
REGULATOR

Parent and Caregiver Peer Support Sessions

11 th June 2026 (9am – 11am) Cowes Family Centre
16 th July 2026 (9am – 11am) Carisbrook & Gunville Church
16 th September 2026 (9am – 11am) Ventnor Family Centre
16 th October 2026 (9am – 11am) Sandown Family Centre
18 th November 2026 (9am – 11am) Carisbrook & Gunville Church
13 th January 2027 (9am – 11am) Carisbrook & Gunville Church
10 th February 2027 (9am – 11am) Carisbrook & Gunville Church

Isle of Wight
Neurodiversity
Team

Drop in for a chat, a cuppa and shared experiences

No booking needed

Cowes Family Centre –
Love Lane, Cowes PO31 7ET
Carisbrook & Gunville Church
Gunville Road, Newport
PO30 5LS
Ventnor Family Centre
Albert Street, Ventnor PO38 1EZ
Sandown Family Centre
The Fairway, Sandown PO36 9EQ

School Age Immunisation Service



Your child's Flu vaccine is due





FLU: 5 REASONS TO GET PROTECTED AGAINST FLU

1. Protect your child - The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia.
2. Protect you, your family and friends - Having the vaccine will help protect more vulnerable friends and family.
3. No injection needed - The nasal spray is painless and easy to have. (A porcine free injection is available)
4. It's better than having flu - The nasal spray helps protect against flu and has been given to millions of children worldwide and has an excellent safety record.
5. Avoid costs - If your child gets flu, you may have to take time off work or arrange alternative childcare

The Immunisation team will be in the school on:

08/10/2026

09/12/2026



School Code

CW118226

For more information, visit our website:

www.healthforkids.co.uk/hampshire/annual-nasal-flu-vaccination-programme/



Specialist Support for Children with Additional Needs

Our personalised care addresses your child's specific needs while building practical life skills, communication abilities, and independence.

Professional, caring support tailored to children with additional needs. Our experienced Personal Assistants help develop skills, build confidence, and enjoy life to the fullest.

Over 20 years of trusted care for children and young people up to age 25 with

ASCIAQ, ADHD, PDA, SEMH, LD and other complex needs.



Personal Assistant Services

Dedicated one-to-one support and respite care



Building Independence

Developing confidence and life skills in line with EHCP and other desired outcomes



Tailored Family Support

Coaching, mentoring and buddy schemes, Respite



Experienced and Trained

Our staff are all experienced and trained to our mandatory standard, additional training can be sought as necessary.



Matched Support

Personal Assistants carefully selected to meet your child's specific needs and interests



Professional Team

Experienced consultants supporting families in Hampshire, Surrey, West Sussex, Dorset & Isle of Wight

Ready to learn more?

Freedom Care Support for Your Child Attending a Special Needs School

See our detailed brochure [HERE](#)

www.freedomcare.co.uk

0800 0851444

supportenquiries@freedomcare.co.uk

Next Open Day: Thursday
15th October from 4.00–
6.00pm.

At Riverbank Campus, Little London,
 Newport PO30 5BS in Newport

Drop in on the day or book a timed
 appointment.



WESTOVER

FARM PUMPKINS

PUMPKIN PATCH

Free entry & parking | Pick your own pumpkins

Photo opportunities | Refreshments

Kids activities | Face painting | The Play Patch



9.30am - 4.30pm

3rd & 4th Oct

9th - 11th Oct

16th - 20th Oct

23rd - 27th Oct

30th & 31st Oct

Follow us on social media for more updates including closures in bad weather

@WestoverFarmIV

info@westover-farm.co.uk

Westover Farm, Calbourne, PO30 4JY

Please note different opening times

Fri 9th & 16th 12-4pm

Sat 3rd & 10th 9.30am - 7pm

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "foid" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

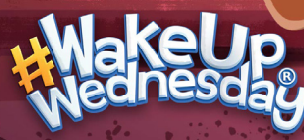
Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



The National College®

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

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