

BC Wellbeing News

FIRST EDITION

November 2021

Welcome to our first Bishop Challoner Wellbeing newsletter!

Meet our Mental Health Team



Mrs Breen



Mr Clarke



Mrs Nutt



Mrs Peckover



Mrs Reynolds



Mr Quigley

These are members of staff who have had training in mental health issues and are able to offer a listening ear, common sense advice and signpost sources of support. They are not counsellors and are not able to diagnose, nor offer specialist advice or therapies.

Student Wellbeing Leads

We are also excited about the recruitment of a new team of Student Well-being Leads, who not be working directly with other students, but will be working with us, to give us a young person's perspective.

Our Student Well-being Leads will assist with the preparation of student-friendly communications and resources, suggest visiting speakers and take part in assemblies.

This term all year groups have had a wellbeing assembly which outlined our approach to supporting good mental health in school. Students know where and how to seek support when they need it.

Celebrating Mental Health Day

Sunday 10th October was World Mental Health Day but for young people, the mental health charity Young Minds marked the day on Friday 8th October with their #HelloYellow campaign, which aims to raise awareness as well as funds.

Staff at Bishop Challoner wore yellow on Friday 8th to show solidarity with young people who are struggling with poor mental health.

**I'M WEARING A
LITTLE YELLOW**

to show young people they're not
alone with their mental health

8 October 2021

#HelloYellow

What can parents/carers do?

Firstly, it is important to remember that mental health and well-being are just as important aspects of our lives as our physical health. In the same way, we can do things to support and improve our wellbeing, just as we can care for and take steps to improve physical health.

Here are some ideas taken from mentalhealth.org.uk

THE FIVE WAYS TO WELLBEING

It is often life events that are outside our control which can damage our mental health, and this is made worse if we feel powerless to do anything about them. One of the ways we can re-gain a sense of control and nourish our mental health is to remember the 'The Five Ways to Wellbeing' which have been found in research to improve mental wellbeing in children and adults (<http://www.economics.org/2008/10/five-ways-to-wellbeing-the-evidence/>).



World Kindness Day, Saturday 13th November

Looking after our mental health can be greatly supported by choosing to do good, whether by volunteering in our communities or simply making the effort to smile at people who you pass in the street.

But why does kindness matter?

Below is a short explanation taken from a valuable guide from The Mental Health Foundation. Please follow the link for the entire article.

<https://www.mentalhealth.org.uk/campaigns/kindness/kindness-matters-guide>

Kindness is choosing to do something that helps others or yourself, motivated by genuine warm feelings.

Kindness, or doing good, often means putting other people's needs before our own. It could be by giving up our seat on a bus to someone who might need it more, or offering to make a cup of tea for someone.

Evidence shows that helping others can also benefit our own mental health and wellbeing. For example, it can reduce stress as well as improve mood, self-esteem and happiness.

WHEN TIMES GET TOUGH . . .

Sometimes you might worry about your child's mental health. Whilst you might need to speak to a member of school staff or your GP for advice, here are a few things you can do if you're worried.



LET YOUR CHILD KNOW THAT YOU'RE CONCERNED

Explain why you feel that way, e.g. if you've noticed they haven't been interested in activities they usually enjoy.



USE ACTIVITIES THAT YOU DO TOGETHER TO HAVE CONVERSATIONS ABOUT HOW THEY ARE DOING

Talking whilst doing something together, side-by-side, such as cooking, can help them share their feelings more easily than a face-to-face conversation.



LET THEM KNOW THAT STRUGGLING SOMETIMES IS NORMAL AND NOTHING TO BE ASHAMED OF

Tell them about the mental health spectrum and that we all, including you, go up and down the scale throughout our lives. Reassure them that talking about difficult feelings with the people we trust is a brave thing to do.



LISTEN AND EMPATHISE

Often the first step to feeling better is feeling connected and knowing that someone is alongside you. Empathy helps young people (and adults) connect. Empathy involves acknowledging what your child is feeling, trying to understand things from their point of view and avoiding judgement. Empathy is usually more helpful than giving advice or trying to 'fix' their problem.



IF YOU'RE STILL WORRIED

Talk to a trusted member of school staff or your GP who can point you towards sources of help.

Be The Change



WORLD
KINDNESS DAY 2020
inspirekindness.com

Let's be good role models to our young people by ensuring that we try to put kindness first in our lives, and not just on Saturday 13th November!

Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

- 1.** Always take a moment just to breathe, whether in the exam, before or after.
- 2.** Remember that school does offer support, just reach out and ask!
- 3.** Keep your work balanced. Spend time revising, but socialise and relax too.
- 4.** Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
- 5.** Break up revision with food and exercise to make sure you stay energised.
- 6.** Remember that results do not define you.
- 7.** Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
- 8.** Work to your own pace – everyone is different in how they work.
- 9.** If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
- 10.** Plan in some treats to reward yourself, and celebrate when it's all over!

Mental Health and Well-being Support



"Mental health is a state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community."

World Health Organisation. 2018

At Bishop Challoner Catholic College we aim to promote good mental health and wellbeing for our whole community: students, staff, parents and carers.

We aim to develop protective factors by being a community in which all:

- are respected
- have a sense of belonging and feel safe
- are able to talk openly with trusted adults
- see good mental health as something to be valued and nurtured

We want all members of our community to:

- feel confident in themselves.
- be able to express a range of emotions appropriately.
- be able to make and maintain positive relationships with others.
- cope with the challenges of everyday life.
- manage times of stress and deal with change.
- thrive and achieve.

We aim to achieve this through:

- living out our school missions statement "...we give glory to God by developing our full potential..."
- our P4SE curriculum
- awareness raising (wellbeing assemblies, tips for good mental health)
- listening to our students
- gaining insights via student voice
- working in partnership with parents/carers where there are concerns about mental health
- signposting sources of external help and advice
- making referrals and working with external agencies to provide additional support to those who need it
- recognising the importance of staff mental health and wellbeing.
- modelling healthy attitudes and habits

We are not able or qualified to offer:

- counselling
- testing and diagnosis of mental health conditions
- specialist therapies

