

BC Wellbeing News

AUTUMN 1

October 2023

Welcome to the first Wellbeing newsletter of the new academic year. This is a half-termly publication with well-being news, tips and useful links.

Meet our Well-being Team



Well-being at Bishop Challoner: Our offer

"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 PHSE 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



It's Good to Talk

VAPING AND E-CIGARETTES THE FACTS

- MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE.**
Vapes containing nicotine are age-restricted products. It is illegal to sell them to under 18s and for adults to buy them on their behalf.
- VAPES ARE NOT HARMLESS.**
Short-term effects can include coughing, headaches, dizziness, and sore throats. Long-term effects are as yet unknown.
- HARMFUL FOR THE ENVIRONMENT.**
Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.
- These who knowingly sell to under 18s are driven by profit and don't care who they sell to. DON'T BE DUPED!**
- DON'T SMOKE? DON'T START TO VAPE.**

smokefree Sheffield.org
talktofrank.com

ash. smokefree Sheffield

Preventing Smoking: Sheffield in collaboration with Sheffield's Smoking cessation

The half term holidays may provide you an opportunity to have a discussion with your child about a variety of issues that can affect feelings of well-being.

[Click here](#) to find a useful parents/carers guide, produced by the anti-smoking charity ASH in collaboration with the city of Sheffield.

Anna Freud Online Support

If your child would like to know more about coping with issues such as low mood, peer pressure and anxiety, please scan the QR code where they can register for a variety of on-demand webinars.

We would recommend watching these alongside the young person as this can be a useful way of opening up conversations about difficult issues.





NSPCC

The NSPCC has produced some excellent family friendly resources on the topic of online safety, including a quiz which may be suitable for younger teens

To take the quiz please [click here](#).



Action for Children provide a way of opening up conversations about healthy relationships. [Click here](#) to find out more.

Do you struggle to fall asleep? Do you feel tired? Do you have a child who won't sleep in their own bed?



The National Sleep Helpline can help with your sleep problems.

[Click here](#) for more information.

World Mental Health Day



On Tuesday 10th October Bishop Challoner staff once again showed solidarity with young people facing mental health challenges and raised funds for the Young Minds Charity. Staff wore yellow to school on the day or purchased a yellow ribbon.

We also held another KS3 Well-being Café in the library, which was very well attended. Students did pebble painting, made positivity bracelets and played board games. We are intending to extend this opportunity and one of our sixth formers has offered to supervise mindfulness activities each Tuesday, starting after half-term.

Parents/carers can find a huge amount of support and advice for the Young Minds site by [clicking here](#).