

# BC Wellbeing News

**AUTUMN 1**

**NOVEMBER 2024**

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

# Helping Young People Help Themselves

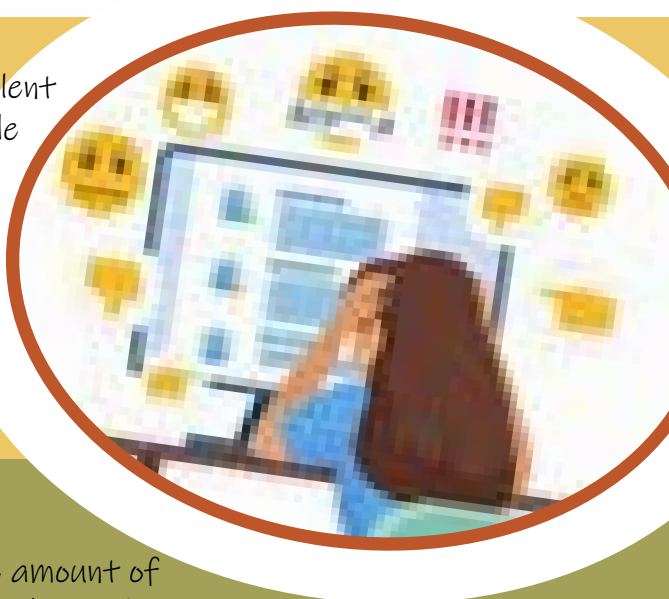
In line with our character values, especially being intentional, we remind students that there is a lot they can do to support good mental health. This is summed up as 5 Ways to Wellbeing. Through clubs, charitable events, volunteering and sports there are a host of opportunities in school to enable this.



**NSPCC**

The NSPCC has produced some excellent family friendly resources on a wide range of wellbeing matters, accessible by following this link:

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>



**YOUNG MINDS**  
fighting for young people's mental health

Parents/carers can also find a huge amount of support and advice on the Young Minds site by following this link:

<https://www.youngminds.org.uk/parent/>