

# BC Wellbeing News

**AUTUMN 1**

**NOVEMBER 2025**

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. We hope your child has settled back into the routine of school and we extend a special welcome to those who joined us for the first time in September.

## 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's mission 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.



## Support for your child during the school day

The Heads of Years, teachers and indeed any adult in school will be prepared to listen to your child if they are worried about something.

If a child wants to talk to a member of the Well-being Team, they are very welcome to drop-in to Student Support at the top of first stairs on the way to the auditorium. They can drop in, without an appointment, before school, at break and lunchtime. If staff think they need more support, then, in consultation with the young person and their parents/carers we can arrange to see them regularly for a period of time.

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/>

There is also advice on anger management from toddler to teens:

[Anger management in children: how parents can help | NSPCC](#)

**NSPCC**

**YOUNGMINDS**  
fighting for young people's mental health

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

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

We would also like to draw your attention to various policies that relate to well-being and safeguarding that are found, along with all other school policies, on the school website:

[BCGP Mental Health and Emotional Wellbeing.pdf](#)  
[BCS Safeguarding and Child Protection Policy.pdf](#)

# Supporting your child at Pause, Birmingham



Pause is available to anyone under 25 and registered with a GP in Birmingham. Parents and carers of this group can also get support for their child or young person's wellbeing. To be able to provide a session and/or support YP's, we require them to complete our Registration Form. The link to our registration form is:

<https://forms.office.com/pages/responsepage.aspx?id=SOAKNBzYq06IpLdJH6ikCDvqnhizGkpBkKhYxjQ-tVUQTZKSEZU0cwSjI1WDIFNE1BUkxYNVNaOC4u&route=shorturl>

When they have registered YPs can drop-in to Pause for a session with a practitioner. Drop-in times and locations are available here:

<https://www.forwardthinkingbirmingham.nhs.uk/pause/>

Please be aware drop-in times change weekly. We advise checking the website before starting any journey to Pause as sometimes we may need to close drop-in at short notice to manage capacity.

If YPs/families are struggling to register online, drop-in and we will support them to do this in service. Alternatively, they can leave a message on our registration line: 020 784 14470

For more information on the service please [click here](#).

**The Children's Society**

# Pause.

**Forward Thinking Birmingham**

**Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.**

Pause can help anyone under 25 with a Birmingham GP. We listen and help you find solutions – no referrals or long waits.

**You choose when and how to use our service:**

- Drop-in face to face support is available, check our webpage for dates & venues. (Booked face to face sessions are available in certain circumstances.)
- Or
- Request a phone or video call back, using the website or by calling the registration line.

**Our Service Operates:**

- Monday to Saturday
- We are closed Sundays & Bank Holidays.

To find out more and register for support, visit:  
<https://forwardthinkingbirmingham.nhs.uk/pause>  
or call our Registration Line **0207 841 4470**  
(please note local call charges do apply).

# Pause.

## ART WELLBEING WORKSHOPS

**FOR VARIOUS AGE GROUPS**

- MEET LIKE MINDED PEOPLE.
- LEARN USEFUL SKILLS AND STRATEGIES.
- DEVELOP YOUR CONFIDENCE.
- USE YOUR CREATIVITY TO UNWIND.

**SCAN BARCODE FOR MORE INFO AND BOOK YOUR PLACE!**

[WWW.FORWARDTHINKINGBIRMINGHAM.NHS.UK/PAUSE](http://WWW.FORWARDTHINKINGBIRMINGHAM.NHS.UK/PAUSE)

**Forward Thinking Birmingham**

**The Children's Society**