

BC Wellbeing News

OCTOBER 2026

Welcome to the first Wellbeing newsletter of the new academic year. This is a half-termly publication with wellbeing 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


0121 227 8254


birminghamhst@compass-uk.org


SCAN ME


Compass Birmingham
Mental Health Support Teams

FOLLOW US
ON SOCIAL
MEDIA



HOW WE CAN HELP

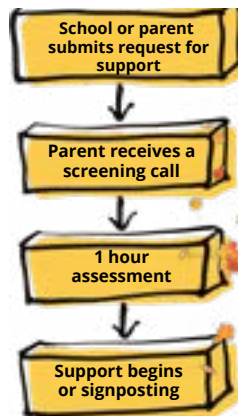
We are an early intervention and prevention service to improve emotional wellbeing for children and young people.

To help children and young people manage their feelings, behaviours, thoughts and physical sensations so they can better engage with their learning and education.

Also working alongside and supporting school staff, parents and other professionals.

We typically support children for between 6-8 weeks, meeting for 45 mins a week in school. We use the thoughts, feelings, behaviours cycle from Cognitive Behavioural Therapy (CBT) help your child to overcome their challenges. At the start we set some goals to work towards and check in with these every week. Professionals can make referrals and so can parents/carers and young people. These referrals can be for 1:1 support or groups e.g. friendship/anxiety/worry/low mood/transition/exam stress. We also work with parents directly to support behaviour, emotions and anxiety.

What are the steps involved?



SCAN THE QR CODE TO ACCESS
OUR ONLINE REFERRAL FORMS
AND MUCH MORE!



SCAN ME!

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

If you have any concerns regarding your son/daughter's wellbeing/mental health please contact Mrs Reynolds r.reynolds@bishopchalloner.bham.sch.uk our Mental Health Lead.

Halloween and Bonfire Night

Please read this important information from ROSPA regarding staying safe around fireworks

<https://www.rospa.com/home-safety/fireworks-safety>

Keeping safe at Halloween:

<https://capt.org.uk/halloween/>



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-tVUQTZKSEZWU0cwSjl1WDIFNE1BUkxYNVNaOC4u&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](#).



Pause.

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](https://www.forwardthinkingbirmingham.nhs.uk/pause)



Hello Yellow – Celebrating World Mental Health Day

As part of our ongoing commitment to supporting the mental health and wellbeing of our young people, our Wellbeing Team, with the support of our Sixth Form students and librarian, hosted another fantastic Hello Yellow event in the library to celebrate World Mental Health Day.

This event is always a highlight of our calendar, and this year was no exception! Our wonderful library was transformed into a vibrant, welcoming space where students could come together, get creative and focus on their mental health and wellbeing.

There was a fantastic range of activities for students to enjoy, including biscuit decorating, bracelet making, mindful colouring and board games. Students also shared positive messages by writing uplifting quotes on yellow handprints, which will be displayed on the tree in our foyer. One of the highlights of the day was the creation of a giant yellow ribbon, filled with messages of hope and positivity from our students.

Our Sixth Form students also played an important role in the event by making and selling yellow ribbons, helping to spread awareness and encourage everyone to show their support. To complete the experience, students were able to relax in our cosy, beanbag-filled cinema room and enjoy a screening of Inside Out.

The event provided a wonderful opportunity for our school community to come together, raise awareness of mental health and wellbeing, and celebrate the importance of kindness, connection and supporting one another.

Perhaps the best feedback of all came from one of our Year 7 students, who summed up the day perfectly:

“This is better than primary school – best day ever!”

A huge thank you to everyone who helped organise and support this special event. It was wonderful to see so many students getting involved, sharing positivity and helping us make mental health and wellbeing a priority for everyone.

We would like to make parents and carers aware of Children Heard and Seen, a charity that supports children and young people who have a parent in prison or who have previously experienced parental imprisonment.

If you feel this support may be helpful for your child or family, please contact a member of our school Wellbeing Team. We will be happy to offer a confidential and supportive conversation and help ensure that your child receives support.



Are you supporting a child with a parent in prison?

Support is available with Children Heard and Seen.

We offer free support for adults and young people impacted by parental imprisonment, including:

- In Person and Online Group Support
- Legal Advice
- Mentoring
- WhatsApp Community

Email: info@childrenheardandseen.co.uk | Phone: 07557 339258

Website: www.childrenheardandseen.co.uk



Support Surgery

On the 25th September we hosted our annual Support surgery for our parents and local community. The event was a chance for people to come and spend time speaking with local services all under one roof.

Services included -

Pause-Birmingham - <https://www.childrenssociety.org.uk/information/young-people/well-being/services/pause>
Aquarius Charity - <https://aquarius.org.uk/services/young-people/birmingham-young-peoples-service/>
All Saints Youth project- <https://www.allsaintsyouthproject.org.uk/>
All Saints Youth project referrals- <https://www.allsaintsyouthproject.org.uk/asypreferralfom>
Compass- <https://compass-uk.org/services/compass-birmingham-mhst/>
Kooth- <https://www.kooth.com/>
St Pauls Trust- <https://stpaulstrust.org.uk/>
Autism West Midlands <https://www.autismwestmidlands.org.uk/>
Birmingham Parent carer forum- <https://www.birminghampcf.org/>
Healthwatch Birmingham & Solihull - <https://www.healthwatch.co.uk/local-healthwatch/healthwatch-birmingham>
Our Roots- <https://www.ourrootscic.com/>
Livingwell consortium- <https://livingwellconsortium.com/>
Talking Sense- <https://talking-sense.org/>
Resources for Autism- <https://www.resourcesforautism.org.uk/>
Sendiass- <https://www.birminghamsendiass.co.uk/>
Literacy trust- <https://literacytrust.org.uk/>
Anawim- <https://anawim.co.uk/>
Send Collaborative- <https://sendc.co.uk/>
Midland Mencap- <https://midlandmencap.org.uk/>
Early help- <https://lscpbirmingham.org.uk/working-with-children/early-help>
Family Hubs - <https://www.birmingham.gov.uk/familyhubs>
Child Bereavement- <https://www.childbereavementuk.org/>

We were delighted to offer this valuable opportunity not only to our own families but also to families across the local community. The range of support available from the providers who attended was exceptional, giving families the opportunity to explore referrals, access a wide variety of support services, and seek external advice and guidance tailored to their child's needs.



We were also pleased to welcome our local councillors, from Kings Heath jordan.phillip@birmingham.gov.uk and hamzah.sheikh@birmingham.gov.uk who were available to support families with housing concerns and wider community issues. The feedback we have received from both families and the support services who attended has been overwhelmingly positive, and we are delighted that the event proved so beneficial.

Throughout the day, representatives from our own Wellbeing and SEND teams were also available to meet with parents of children already receiving support, as well as offering advice and guidance to families who may be considering new referrals or seeking additional support for their child.

Following the success of this event, we hope to organise another similar opportunity in the new year. We would strongly encourage parents and carers to attend, as it is an excellent opportunity to connect with local services, ask questions, and discover the support available to their families.

We have also recorded a short video featuring some of the services that attended, providing further information about the support they offer. We will be sharing the link to this video with you soon.

If you feel that your family need extra support, please do not hesitate to get in touch with Miss Williams I.williams@bishopchalloner.bham.sch.uk our Early Help co-ordinator.

