



PSHE, Mental Health and Wellbeing at Bishops

Issue No. 15 | January 2024



We are delighted to bring you the latest edition of our half-termly newsletter - keeping you updated with the PSHE, mental health and wellbeing topics students will be studying during the first half of the Spring term.

If you have any queries, or wish to discuss anything further, please let us know.

Miss J. Speakman
Co-ordinator of PSHE
Teacher of History

Dr R. Saunders
SENCO, Mental Health Lead

Mr M. Williams
Teacher of PE, Wellbeing Lead

In This Issue:

INTRODUCTION	1
PSHE	2
PSHE Dates this Half Term	
External Speakers Involved	
PSHE Topics this Half Term	
Citizenship this Half Term	
WELLBEING AND WORSHIP	3
Year 11 Mock Examinations Results Day	
Worship Theme - Don't Carry it Around	
Children's Mental Health Week	
NOTICEBOARD	4
Other Organisations for Help and Advice	

PERSONAL, SOCIAL, HEALTH, ECONOMIC (PSHE)

PSHE Dates this Half Term

The dates during the first half of the spring term are:

Thursday 11 January	Period 1
Thursday 18 January	Period 2
Thursday 25 January	Period 3
Thursday 1 February	Period 4
Thursday 8 February	Period 5

Year 11 have one PSHE lesson per week, which is scheduled every Monday, Period 5.

A reminder message will be sent home on the Friday before each session. Please ensure students bring their PSHE (pink) exercise books to school ready for the session. Students should follow their timetable as normal and arrive at their usual classrooms.

External Speakers Involved

Most PSHE sessions will be delivered by the students' usual class teachers, but there will be internal and external speakers and agencies involved as follows:

- Year 10 will receive a presentation from the Amy Winehouse Foundation on Drug and Alcohol Abuse.



Citizenship Topic This Half-Term

All students will have an extended afternoon tutor on Friday 26 January for Holocaust Memorial Day.



PSHE Topics This Half-Term

During the first half of the Spring Term, all year groups will explore a 'Health & Wellbeing' topic:

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Puberty and healthy lifestyles.	Mental health and wellbeing, including body image and self-esteem.	Healthy living, including the importance of sleep and issues with excessive screen time.	Drugs and alcohol awareness, including assessing risk and managing influence.	Independent living, money matters, post-16 options and student loans.

WELLBEING AND WORSHIP AT BISHOPS

Year 11 Mock Examinations Results Day

As part of the whole day experience on Mock Examination Results Day in December our students embarked upon various activities giving them time to digest their results and what they mean to them. Reflection on the past is vital in being able to plan for the future and to move forwards. The activities, including artistic colouring and lantern making, allowed our students time to share thoughts with peers and to discuss their feelings. Peer support is invaluable at times which can be stressful. Sharing the joy of positive results after a period of intense preparation is also beneficial. The lanterns were hung in the hall, making a pleasant display during the run up to Christmas and the school services. Huge thanks to the staff for organising and supporting our Year 11 students during their examination period and during the results day.



Worship Theme – Don't Carry it Around

To help support student wellbeing this month, in worship one of the themes is 'Don't Carry It Around' – where we discuss some of the unneeded 'baggage' that we collect and carry in our lives.

Ephesians 4:31-32 'Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.'

The Christian life teaches us that we are all 'work in progress' so we should seek to work through our troubles in order to be the kind of people that God created us to be.

In worship this half-term we will also be looking at the themes of Unity and Charity, and Miss Mann has been presenting the NSPCC Number Day so that we can help raise money for the work of the NSPCC and the work that they do. For more information on this visit <https://www.nspcc.org.uk/support-us/charity-fundraising/schools-fundraising-ideas/number-day/>.

Enable us to defend those who are not strong enough to defend themselves, and to be ready to bring the light of your truth into the dark areas of human experience. Deepen our respect for everything you have made, and help us to share in securing the maximum good of every person who is alive in your world. Amen

**Number
Day 2024**

Children's Mental Health Week

Our worship coincides with Children's Mental Health Week 5-11 February where the theme for this year is 'My Voice Matters' focusing on empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. For further information about Children's Mental Health week visit <https://www.childrensmentalhealthweek.org.uk/about>. There is also a video you can watch here: <https://youtu.be/GIgvP09JLm0>



NOTICEBOARD

Parent or carer

You can text a school nurse on
07312263554

We can help with all kinds of things like.....

Emotional Health & Wellbeing
Keeping Healthy **Bedwetting**
Sleep **Bullying** **Dental Health**
Growing Up **Keeping Safe**
Support with Medical Conditions
in School

Confidentiality
We need to ensure someone if we are concerned about the safety of you, your child or someone else but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm Monday to Friday (excluding bank holidays). Our text number does not receive voice calls or SMS picture messages. We accept messages from UK mobile numbers only (text does not include messages sent from landlines, international mobile numbers and some 'number missing' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

SCAN ME

SCHOOL NURSE TEAM

Did you know we have a school nurse called Michelle Lane who supports us here at Bishop Rawstone? If you would like an appointment with the school nurse please contact Mrs Ball in Learning Support.

Michelle monitors health promotion, vision checks, hearing checks, signposting for referrals, growth checks, support for parents and teachers, immunisations and also works closely with many other professional agencies.

Free, safe and anonymous online counselling and support

"I don't think I could've spoken to someone face-to-face."

Chat to our friendly counsellors
Read articles written by young people
Join live moderated forums

kooth
www.kooth.com

Other Organisations For Help and Advice

- www.samaritans.org.uk
- www.nhs.uk
- www.teenagehealthfreak.org
- www.there4me.com (Childline)
- <https://education.stem4.org.uk/apps/>
- Mind Infoline – 0300 123 3393 (9am-6pm, Mon-Fri)
- Saneline – 0300 304 7000 (4pm-10pm every day)
- The Mix (age 11-25yrs) – 0808 808 4994 (4pm-11pm)
- Papyrus – 0800 068 414 (9am-Midnight every day)

DRUGS AND ALCOHOL

Talk To Frank – 0800 7766 000
www.talktofrank.com

EMOTIONAL HEALTH AND WELLBEING

www.youngminds.org.uk

LGBT+

- www.justlikeus.org
- <https://www.theproudtrust.org/>
- <https://switchboard.lgbt/>
- <https://mermaidsuk.org.uk/>
- <https://genderedintelligence.co.uk/>
- <https://www.stonewall.org.uk/>

BULLYING

The school has a zero tolerance policy of bullying.
Childline, www.bullying.co.uk or www.kidscape.co.uk can also provide advice.

More links to further information and support on a range of issues can be found in the Mental Health and Wellbeing Support and Advice section on our website.

Young People
Scan this QR code to find support

Text a school nurse directly to talk about health or emotional wellbeing:
If you're 11-19 text our ChatHealth line on:
07507330510
or scan the QR code

Parents
scan this QR code to find support

If you're a parent of 5-19 year old text our Lancashire ParentLine for support on:
07312263554
or scan the QR code

hcr3 Care Group
ChatHealth
NHS
care.think.do