



# PSHE, Mental Health and Wellbeing at Bishops

Issue No. 16 | March 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 second half of the Spring term.

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

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## In This Issue:

<b>INTRODUCTION</b>	<b>1</b>
<b>PSHE</b>	<b>2</b>
PSHE Dates this Half Term	
External Speakers Involved	
PSHE Topics this Half Term	
Citizenship this Half Term	
<b>WELLBEING AND WORSHIP 3-4</b>	
Year 7 Mental Health and Wellbeing Yoga Session	
Worship Theme - Don't Carry it Around	
LGBT+ History Month 2024	
<b>NOTICEBOARD</b>	<b>5</b>
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:

Friday 23 February	Period 1
Friday 1 March	Period 2
Friday 8 March	Period 3
Friday 15 March	Period 4

Year 11's PSHE Monday Period 5 is now for private study and intervention. Students need to come prepared with work to complete during this hour.

A reminder message will be sent home on the Thursday 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

PSHE sessions this term will be delivered by the students' usual class teachers.



## Citizenship Topic This Half-Term

All students will have an extended afternoon tutor on Monday 4 March on Fairtrade.



## PSHE Topics This Half-Term

During the second half of the Spring Term, all year groups will explore a 'Wider World' topic:

YEAR 7	YEAR 8	YEAR 9	YEAR 10
Self-awareness and teamwork	Skills, talents and communication skills	Workplace skills and employability	Target setting and motivation

# WELLBEING AND WORSHIP AT BISHOPS

## Year 7 Mental Health and Wellbeing Yoga Session

Head of Year 7 Miss Ashcroft, recently organised sessions for all our Year 7 students to learn more about mental health and to participate in some practical yoga.

The yoga was delivered by a qualified visiting instructor, whom we thank for sharing her expertise with our young people. This practical element took place in the school hall, proving popular and very enjoyable!

In addition to the yoga and mindfulness elements, students learned more about what mental health is, how they could improve their own mental health and how physical exercise can help. Mental health is about how we think, act and feel.

The following advice was offered to show we can all nurture our own mental health.

Congratulating	being kind to myself or listing the qualities I value in myself.
Living in the present	being aware of what is happening in the here and now.
Calming	trying meditation, good sleep habits like turning phone off early.
Relating	spending time with the people I care about.
Talking	being open with people I trust about how I'm feeling.
Contributing	helping others or contributing to causes I believe in.
Exercising	looking after my body, playing sport, eating healthily.
Creating	expressing myself creatively e.g. music, art, drama, writing.

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing>



## Worship Themes

Our school community started our worship focus around the Christian period of Lent and Ash Wednesday. We have also been exploring the themes of Peace, primarily reflecting on war around the world. This includes kindness to each other as well as who our role models are and who we look up to in our lives. Whole school collective worship has been led by lots of our students too, who have been creative and brave in leading worship in front of their peers. A massive thanks to all of our students from tutor groups in all year groups from 'C' Claxton House and 'H' Herbert House for leading Collective Worship.

It has been a valuable half term of worship in preparation for the Christian festival of Easter. Across the school our worship life has focused on the values of Christ in charity work, being positive towards others as well as reflecting on the type of people who we look to for inspiration. It is important to reflect through our school worship that we can be who God created us to be. We use this Lenten worship as a time to challenge ourselves about our character and identity.

***Heavenly Father, in Your love –  
You have called us to know  
You; Led us to trust You; And  
bound our lives with Yours.  
Surround us with Your love And  
Protect us from evil That we  
may bravely and faithfully  
follow You, Through Jesus  
Christ our Lord. Amen***

# LGBT+ History Month 2024

LGBT+ History Month is celebrated every February across the UK and was founded in 2004 by Schools OUT UK co-chairs, Paul Patrick & Professor Emeritus Sue Sanders. It was first celebrated in February 2005.

For so long LGBT+ people's history was hidden, following the repeal of Section 28, UK LGBT+ History Month was created to:

- claim our past
- celebrate our present
- create our future



This a dedicated opportunity to share a rich and diverse history so everyone can learn more.

The 2024 theme celebrated LGBT+ peoples' contribution to the field of medicine and healthcare both historically and today.

If you are a young person looking for additional support you could try The Proud Trust:



If you are an adult looking for additional information and ways to support a young person in you life could also try The Proud Trust.



# 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 make every message 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've received your text. Texts will only be seen between 9am and 5pm Monday to Friday (excluding bank holidays). If you need help before you hear back from us, contact your GP, nearest walk-in centre or dial 111. If it is an emergency call 999 or go to the emergency department (A&E). Our text number does not receive voice calls or SMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'texting' messaging numbers). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

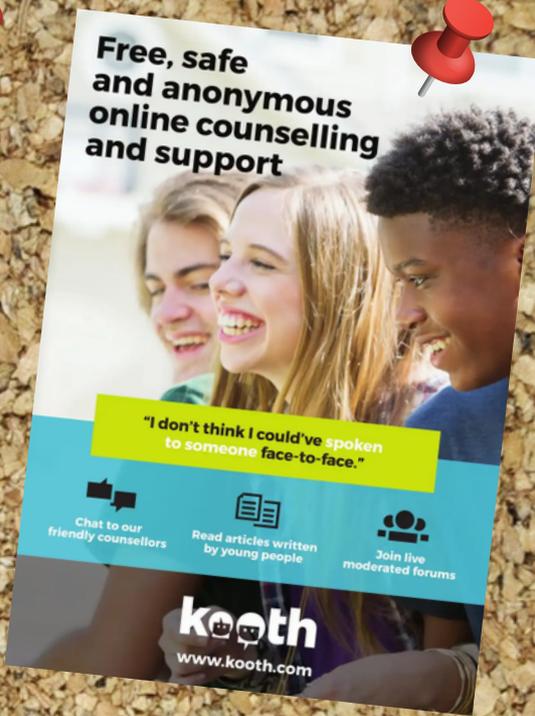


SCAN ME

## 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](http://www.samaritans.org.uk)
- [www.nhs.uk](http://www.nhs.uk)
- [www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)
- [www.there4me.com](http://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](http://www.talktofrank.com)

**EMOTIONAL HEALTH AND WELLBEING**  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

**LGBT+**  
[www.justlikeus.org](http://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](http://www.bullying.co.uk) or [www.kidscape.co.uk](http://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

SCAN ME



Parents scan this QR code to find support

SCAN ME

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

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