

PSHE, Mental Health and Wellbeing Newsletter

Issue No. 20 | November 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 Autumn term.

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

Mrs C Robinson
Co-ordinator of PSHE
Teacher of Religious Education

In This Issue:

INTRODUCTION	1
PSHE	2
PSHE Dates this Half Term	
External Speakers Involved	
PSHE Topics this Half Term	
WELLBEING AND WORSHIP 3-4	
Worship at Bishops	
Wellbeing at Bishops	
NOTICEBOARD	5
Other Organisations for Help and Advice	

PERSONAL, SOCIAL, HEALTH, ECONOMIC (PSHE)

PSHE Dates this Half Term

The dates for Year 7–10 for the second half of the Autumn term are:

Wednesday 14 November	Period 1
Wednesday 21 November	Period 2
Wednesday 28 November	Period 3
Wednesday 5 December	Period 4
Wednesday 12 December	Period 5

Year 11 have a timetabled slot for PSHE, which is on a Monday Period 5. During the beginning of Autumn Term 2, Year 11 will have the time in PSHE to revise in preparation for their mock examinations and so must make sure they come to PSHE lessons prepared with revision material.

A reminder message will be sent home before each session. Please ensure students bring their PSHE (pink/red) 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 will be delivered by their usual class teacher, a specialist teacher or an outside agency as follows:

- Year 8 are going to receive a workshop delivered by the LGBT+ Charity ‘Just Like Us’, focusing on inclusion and equality.
- Year 8 will receive an age-appropriate educational session on the dangers of Female Genital Mutilation, focusing specifically on bodily autonomy and safeguarding.
- Year 8 and 9 will be receiving a post 16 option presentation on Thursday 12th December from Runshaw College.
- After the mock examinations Year 11 will receive two presentations, one from Lancashire Fire Service on Road Safety and one from the charity ‘Epic Risk Gambling’ which will explore choices, consequences, alcohol and drugs, in addition to gambling.

Female Genital Mutilation (FGM)

It is now compulsory for schools to educate young people on FGM (Female Genital Mutilation). The 2019 statutory government guidance on Relationships and Sex Education (RSE) and Health Education states that at secondary level, schools should: address the physical and emotional damage caused by female genital mutilation (FGM), educate children on where to find support, and teach that it is a criminal offence to perform or assist in the performance of FGM or to fail to protect a person for whom you are responsible from FGM. As well as addressing this in the context of the law, schools should support students to recognise when relationships (including family relationships) are unhealthy or abusive and offer strategies to manage this or access support for oneself or others at risk. It is important for us to deliver this from Year 8 as this is the age group which is most at risk. Lead Teacher of RE and Coordinator of PSHE Miss Robinson will deliver these sessions using lesson plans and resources from the PSHE Association which are sensitive and age appropriate. Parent and carer copies are available on request.

PSHE Topics This Half-Term

During this half-term, all year groups will be studying a ‘Relationships’ or ‘Relationships and Sex Education’ topic. :

YEAR 7	YEAR 8	YEAR 9	YEAR 10
Diversity, Prejudice and Anti-Bullying	Discrimination	Respectful Relationships	Healthy Relationships

Helping to Create a Hospitable World

Often the world can be an inhospitable place. The actions and attitudes of our local, national and global communities can be a real challenge to our mental health, some of us don't know what to think, where we fit or what we should act like or actually do.



The theologian Miroslav Volf (above) writes:

"In an embrace I open my arms to create space in myself for the other. Open arms are a sign that I do not want to be by myself only, an invitation for the other to come in and feel at home with me. In an embrace I also close my arms around the other. Closed arms are a sign that I want the other to become part of me while at the same time I maintain my own identity. By becoming part of me, the other enriches me. In a mutual embrace, none remains the same because each enriches the other, yet both remain true to their genuine selves."

Whilst I have begun to see the centrality of this quote in my work as a teacher, because it's a powerful way to understand interactions in a classroom setting, it helps to preserve and transform the identity of the self. It can also help to remind us all that our worldviews are always changing and incomplete, and that everything around us impacts how we see the world.

Moreover, when we bring this back to our Christian worldview, which is the very fabric of our school's ethos, we must pursue hospitality in all that we do. Yes, we want to grow and be independent and mature. But we also open our arms in invitation to welcome 'the otherness' in those who are different to ourselves. So, let us be hospitable to all of those who struggle with anxiety and depression, let us make a hospitable world in which everyone can flourish.



Further information on worship at Bishop Rawstorne can be found on our website: <https://bishopr.co.uk/worship/worship-at-bishop-rawstorne>

Remembrance Day

As in previous years, the school marked Remembrance Day on Monday 11 November with a two-minute silence. Later on in the day we had an assembly in the sports' hall for all students in Years 7 to 11 to mark the sacrifice of those who lost their lives in World War One and World War Two and other conflicts around the world since then.

We recognise too the time given by our students on Sunday 10 November in both attending and supporting a range of Remembrance services and activities. A special mention to Ella-Grace Card who played the bugle beautifully at St. Michael's and All Angels in Croston, our Head Boy Sam Boucher, who laid the wreath, and our Head Girl Georgia Wood, who read in the church.

Did You Know?

We have a Christian group called 'The Hub' which runs every Wednesday lunchtime in M7. It is led by our local youth worker Alex Woodfield and provides a space for the spiritual growth of our students. It is open to anyone who wants to go so please encourage your child to come along if you think they would be interested.



WELLBEING AT BISHOPS

World Mental Health Day in October 2024

On 10 October 2024 it was World Mental Health day and to celebrate the importance of mental health a range of initiatives took place around the school. All students practiced a Mindfulness breathing strategy in tutor time – Box Breathing – which they were then encouraged to use throughout the day. If you would like to try this at home here is the link:

<https://www.youtube.com/watch?v=J8WFGoeKStI>

Our Year 10 and Year 11 Wellbeing Champions were on hand all day, and they will continue to help support the delivery of our wellbeing initiatives throughout the school year.

Staff also got on board by wearing green ribbon badges and taking the opportunity to leave their desks for a short period and have a decent break – encouraged along with a box of biccies for 'Tea and Talk and a fun activity!



Anti-Bullying Week 2024: Choose Respect

On Tuesday 12 November we took part in 'Odd Socks Day' – where children in schools across the country wear odd socks (or just different socks) to celebrate individuality as something that should be good and not picked on.

'Odd Socks Day' is part Anti-Bullying Week which runs from Monday 11 – Friday 15 November. The theme for this year is 'Choose Respect' – the idea being to bring an end to bullying which negatively impacts millions of young lives and help to create a world where respect and kindness thrives.

In school we have been supporting this theme by explaining and discussing bullying and illustrating the effect it has on others in order to try to encourage children to be nicer to each other and respect their differences. We will be giving out 'Being Respectful' cards to Year 7 students during this term – to recognise positive and respectful behaviour taking place outside of lesson time. This is something we will be building on over the course of the year, alongside our Anti-bullying Ambassadors who have been selected to support our initiatives in school.

Further information can be found here:

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2024-choose-respect/anti-bullying-week-2024-choose-respect>



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 must ensure everyone 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). 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 'textphone' 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 Rawstorne? 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.




SCAN ME

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




ChatHealth



SCAN ME

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



care.think.do.

