



PSHE, Mental Health and Wellbeing at Bishops

Issue No. 13 | September 2023



Welcome to another new school year and welcome to our new parents and students! 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 new autumn term.

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

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Teacher of History

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PERSONAL, SOCIAL, HEALTH, ECONOMIC (PSHE)

PSHE Dates this Half Term

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

Tuesday 12 September	Period 1
Tuesday 19 September	Period 2
Tuesday 26 September	Period 3
Tuesday 3 October	Period 4
Tuesday 10 October	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. Year 7 students will receive their book in their first PSHE lesson. Students should follow their timetable as normal and arrive at their usual classrooms.



External Speakers Involved

- Year 7 will receive a mental health presentation delivered by a mental health counsellor, an internet safety presentation delivered by Mr. Almond and a performance called 'Streetwise', produced by Lancashire Council, which promotes road safety.
- In addition to their PSHE sessions, Year 11 will attend a number of talks delivered by local colleges which will offer advice on post-16 choices.



Citizenship This Half-Term

October is Black History Month and there will be a number of events taking place in school to recognise this, including an extended afternoon tutor time on Wednesday 11 October.



PSHE Topics This Half-Term

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

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
'Transition' - starting high school, mental health, road safety and online safety.	'Healthy Lifestyles' - peer pressure, smoking and vaping, energy drinks, alcohol and substance misuse.	'Healthy Lifestyles and Community' - Anti-Social Behaviour, Knife Crime, Alcohol and Drug misuse.	'Mental Health' - how to cope with change, reframe negative thinking, recognise signs of mental health illness, including eating disorders, and promote positive mental health.	Dealing with change and stress, promoting well-being, managing time effectively and revision and study techniques.

WELLBEING AT BISHOPS

In this newsletter we thought we would share some of the ways we help our students settle into new routines and for our new students, how we continue the transition into a new school environment.

Creating a Safe Space for Children

School is a safe place for students but some may have anxieties for a number of reasons which impact their feelings on returning or starting school and their ability to settle down quickly. We support students by following all the relevant safeguarding procedures, talking about mental health, encouraging them to explore their feelings, and helping them to gain emotional tools to regulate and support themselves. Our pastoral care team work to support and develop students and having the same head of year, tutor and tutor group for 5 years helps to build strong relationships.

Creating Positive Relationships

Positive relationships provide a foundation for wellbeing enabling students to flourish. If students feel safe and happy, they are then ready to learn. The language we use and the way we talk to each other is key to model positive relationships.

Spiritual Support

Christian worship is at the heart of our everyday life. We care about our students flourishing and strive to cultivate an atmosphere in which everyone can experience life in all its fullness, offering spiritual support to students, staff and parents.

Home School Links

The connection with parents and carers is a vital component of any school; parents know their children the best and have their best interests at heart. We appreciate the co-operation and support of parents which is essential in helping us to identify students who may need a little bit of extra help.

Celebrate the Wins

Young people thrive on positive affirmations, and celebrating the small wins and successes can lift a student's spirits. At Bishops we have an awards programme which is designed to reward achievements in school and to also celebrate student accomplishments outside of school. For more details visit our website: <https://bishopr.co.uk/parents/awards>.

Learning Support and First Aid

The Learning Support Department supports students who have a wide range of needs including physical, social, behavioural and specific learning difficulties. Many staff are first aid trained too, including how to deliver CPR and use a defibrillator. Some students have also received first aid training, with an emphasis on CPR delivery. As staff, we have agreed to sign up to the BHF British Heart Foundation's RevivR initiative. This is a basic 15 minute CPR training course which increases awareness of how to perform CPR and develop confidence. For more details visit the website: <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/learn-cpr-in-15-minutes>.

Support Staff Wellbeing

School staff may also feel the anxieties of returning to school, and at Bishops we have wellbeing initiatives in place throughout the school year.

For more information visit:

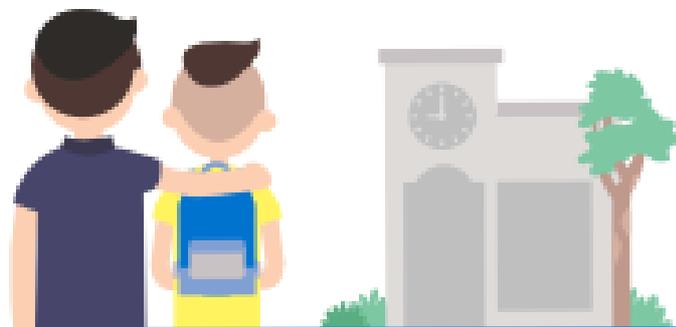
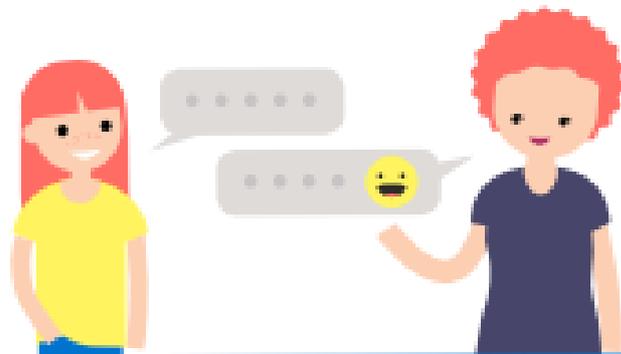
<https://www.theeducationpeople.org/blog/top-10-wellbeing-tips-for-welcoming-children-back-to-school/>



10 tips for starting at A NEW SCHOOL

TIP 1: BE POSITIVE ABOUT THE TRANSITION

Build excitement by talking about all the new opportunities for friendships and activities they'll have.

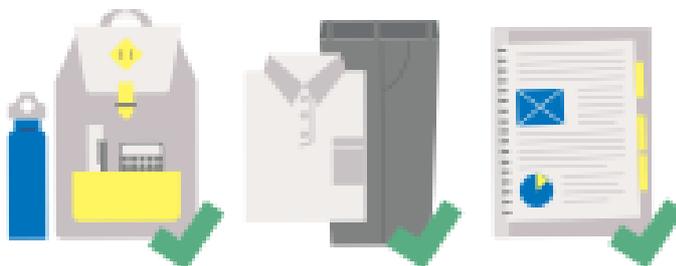
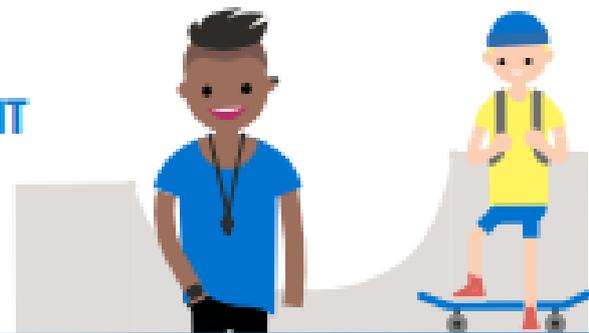


TIP 2: PRACTICE THE NEW TRIP TO SCHOOL

It might sound silly but practicing the walk or bus/train trip beforehand will really reduce first day nerves.

TIP 3: ARRANGE A CHAT WITH AN OLDER TEEN WHO'S BEEN THROUGH IT

If there's a neighbour or cousin who's started at a new school in the past organise for them to hang out and hear what it was like.



TIP 4: MAKE SURE EVERYTHING IS ORGANISED

Bag, uniform and books are essentials for starting at a new school so help them sort it all out before day one.

TIP 5: START AFRESH WITH A TIDY ROOM AND DESK

If their desk or room is shared make sure the rest of the family are on board with keeping things sorted.



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10 tips for starting at A NEW SCHOOL

TIP 6: FAREWELL THE HOLIDAYS

Organise a social day just before school goes back and, if possible, invite friends from their old school.

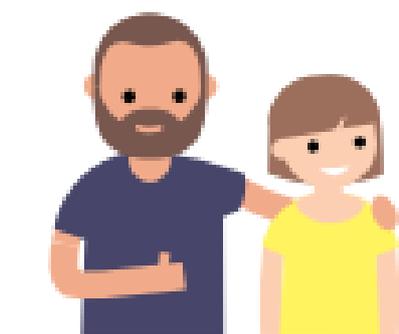


TIP 7: DON'T COMMIT TOO EARLY

Encourage your teen to be social and not rush getting a new best friend. With the stress of making friends at a new school it's easy to jump at the first people that speak to you.

TIP 8: AVOIDING COMPARING THE NEW TO THE OLD

Get your teen to look to the future even if they're missing their old school a bunch.



TIP 9: SIGN UP TO THINGS STRAIGHT AWAY

Research extra-curriculars and help them decide on some they'll sign up to in their first week.

TIP 10: PREPARE THEM FOR STRESS

The unknown can be really scary but things like breathing exercises, getting active, and having "me-time" can all help with the transition.



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NOTICEBOARD

HELP AND SUPPORT

Further information and support on a range of issues can be found on our website. Subjects include: anxiety, exams, self-harming, bullying, dealing with divorce, eating disorders, bereavement, bullying, gender identity, coping with change and depression.

Links can be found in the Mental Health and Wellbeing Support and Advice section on our website.

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.

KOOTH

Kooth is a free, safe and anonymous place for young people to find online support and counselling.

You can find online articles and discussion boards, chat and message members of the team and write in your own daily journal helping you to track your feelings and mood changes throughout the week. Kooth magazine contains creative pieces and personal experiences written by young people.

www.kooth.com

Other Organisations For Help and Advice

For further information and advice on a range of issues please see the organisation below:

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. Contact Childline, www.bullying.co.uk or www.kidscape.co.uk for advice.

More student resources can be found in the Wellbeing section in Student Area of the website.

ChatHealth
Text the young people's health service

ChatHealth is a confidential texting service for young people aged 11-19 giving advice and support with physical & emotional health

- Bullying
- Self-harm
- Sex & relationships
- Contraception
- Smoking
- Drugs & Alcohol
- Healthy Eating
- & more

Got a question? Just text...

07507 330 510

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you have been back at school, a member of school staff at your school. Our staff members do not receive voice calls or instant picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some number-masking mobile apps). Protect the school nurse from sending messages to you by texting 5107 to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate. Please be aware that text service responses are usually sent Monday to Friday between 9am and 5pm.

