



PSHE, Mental Health and Wellbeing at Bishops

Issue No. 14 | November 2023



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 new Autumn term.

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

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PERSONAL, SOCIAL, HEALTH, ECONOMIC (PSHE)

PSHE Dates this Half Term

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

Wednesday 1 November Period 1
 Wednesday 8 November Period 2
 Wednesday 15 November Period 3
 Wednesday 22 November Period 4
 Wednesday 29 November 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 8 will receive a presentation from an LGBT organisation 'Just Like Us'.
- Year 9 will receive a presentation from about healthy relationships and domestic abuse from an organisation called 'Stand Against Violence'.
- Years 9 and 10 will receive a presentation from Lancashire Sexual Health.



Citizenship This Half-Term

On Thursday 9 November there will be an extended tutor for Remembrance.



PSHE Topics This Half-Term

During the second half of the Autumn Term, all year groups will explore a 'Relationships' topic:

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Healthy relationships including friendship, identity and bullying.	Healthy relationships including social media, identity, LGBT and homophobia.	How to recognise an abusive relationship and how to manage relationship break downs.	Healthy relationships including consent and the dangers of pornography.	Healthy relationships including consent and STIs.

WELLBEING AT BISHOPS

Wellbeing and mental health are being discussed increasingly and more openly in the media. Currently many experts are promoting the need to talk which encourages everyone to share how they feel.

School Support System

Not everyone readily has a best friend they can trust to listen to them. However, in school we have a network of support systems including peers, mentors, tutors, Learning Support and the pastoral team including all staff, who are there to help our students.

The Importance of Team Support

The extract below is taken from a speech by Andrew “Freddie” Flintoff which he made in front of the England ODI Team recently when he was presenting a Cap to a player making his debut. Andrew Flintoff is currently recovering from serious injuries received in an accident whilst filming for Top Gear and he references the support he feels by being part of a group. In this case, being invited back into the England Cricket Team, initially as a guest and then later on as a coach:

In his speech, Flintoff praised the “family”-like team and said they will “be there for you in the hardest times of your life”.

He said: “It gives me so much pleasure to share what’s going to be a day Tom that you’re going to remember for the rest of your life.

“When you get this cap, this changes your life.

“It’s one of those things, it’s before and after it. This enables you to walk tall and move faster.

“Play with passion, play with pride, play with belief. And also, part of a family of people.

“They’ll share the good times with you, share the successes.

“But as I found over the past few months, they’ll be there for you in the hardest times of your life.”



Freddie presenting cricketer Tom Hartley with his cap (Picture: Nathan Stirk/Getty Images)

Here at Bishop Rawstone we are trying to create an ever increasing awareness of each other’s wellbeing. Asking each other “how are you?” or talking and listening to each other. By developing a caring culture, we aim to support each other with our wellbeing and mental health too.

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 might inform 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).

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 MMS 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). To prevent the health professional from sending messages to you, text STOP to our number.

Messages are charged at your usual rates.



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.

Childline, www.bullying.co.uk or www.kidscape.co.uk can also provide advice.

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

hcrq Care Group
ChatHealth
NHS
care.think.do

