



PSHE, Mental Health and Wellbeing at Bishops

Issue No. 18 | June 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 Summer 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 for Year 7-9 for the second half of summer term are:

| | |
|-----------------|----------|
| Tuesday 4 June | Period 1 |
| Tuesday 11 June | Period 2 |
| Tuesday 18 June | Period 3 |
| Tuesday 25 June | Period 4 |
| Tuesday 2 July | Period 5 |

Year 10 will not take part in PSHE for the second half of summer term and will instead resume PSHE in Year 11. Please could Y10 return their PSHE books to their tutor rooms.

A reminder message will be sent home on the Monday 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 will continue to take part in sessions ran by Lancashire Police. The first one is called 'Captured' and focuses on the risks involved with 'sexting' or sending nude or explicit images. The second session 'Crossing the Line' warns students of 'County Lines' and the risks involved. Year 8 will also receive a presentation from The Lancashire Police Cybercrime Department educating young people on the risks of cybercrime in today's world and they will take part in sessions on equality and diversity, with a focus on anti-racism. Year 8 will also be having a visit from the Anthony Walker Foundation to share Anthony's story, and raise awareness of racism and the impact of racist language.
- Year 9 are set to take part in the 'Cells Project' on the 21 June which aims to educate children and young people about the serious consequences of crime and prevent initial and reoffending behaviours. This has been funded by Lancashire Constabulary and Lancashire Police and Crime Commissioner. For further information please see <https://www.cellsproject.com/about-us/>.

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. Following government guidance, good practice in other schools, and the feedback gathered during the Bishop Rawstorne PSHE Parent's Forum (2022), it is important for us to deliver this from Year 7. A key reason for this is that 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. These resources are sensitive and age appropriate. Parent and carer copies are available on request, in addition to parent/ carer guides and information.

PSHE Topics This Half-Term

During the second half of Summer Term, years 7-9 will explore a 'Living in a Wider World' topic. :

| YEAR 7 | YEAR 8 | YEAR 9 |
|---------------------------|------------------|---------------------------|
| Financial Decision Making | Digital Literacy | Financial Decision Making |

WORSHIP AT BISHOPS

Worship Themes This Half-Term

This half in term in worship, we are looking at themes of wellbeing, health and the teaching of Jesus from Galatians 6:7-10. In this portion of the Bible the writer explains:

"What a person plants, he (or she) will harvest. The person who plants selfishness, ignoring the needs of others—ignoring God!—harvests a crop of weeds. All they'll have to show for their life is weeds! But the one who plants in response to God, letting God's Spirit do the growth work in him, harvests a crop of real life, eternal life.

So let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all..."

As part of our worship we will be reflecting on our own identities, not only on how we preserve ourselves by also considering the ideals or beliefs that we strive for as humanbeings. This includes being selfless at times and working for the good of others and our communities.



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



WELLBEING

Physical Wellbeing in the Sun

Strong sunlight can cause many issues for us, including; de-hydration, sunburn, cancer of the skin and burning the surface of the eyes.

Below is some information on how we can take better care of ourselves in the sun (if its appears!) and some tips on things we can do to make it safer:

Sun safety tips

- Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm.
- Never allow yourself to burn and use a sun protection factor (SPF) of at least 30 to protect against UVA and UVB.
- Do not rely on sunscreen alone to protect yourself from the sun and cover up with suitable clothing and sunglasses.
- Remember to keep hydrated.



Use and apply sunscreen properly

Did you know most people do not apply enough sunscreen? As a guide, adults should aim to apply around 6 to 8 teaspoons of sunscreen if you're covering your entire body. If sunscreen is applied too thinly, the amount of protection it gives is reduced.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- just before going out



Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better. It should be reapplied liberally and frequently, and according to the manufacturer's instructions. This includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off. It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

Protect your eyes in the sun

- A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.
- Reflected sunlight from snow, sand, concrete and water, is particularly dangerous.
- Avoid looking directly at the sun, as this can cause permanent eye damage.



Wear clothes and sunglasses that provide sun protection

- A wide-brimmed hat that shades the face, neck and ears
- A long-sleeved top

Who should take extra care in the sun?

You should take extra care in the sun if you:

- have pale, white or light brown skin
- have freckles or red or fair hair
- tend to burn rather than tan
- have many moles
- have skin problems relating to a medical condition
- are only exposed to intense sun occasionally (for example, on holiday)
- are in a hot country where the sun is particularly intense
- have a family history of skin cancer



People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they do not take the right precautions.

If you have naturally brown or black skin you are less likely to get skin cancer, as darker skin has some protection against UV rays. You may also need more time in sunlight to produce the same amount of vitamin D as people with lighter skin. But you should still avoid burning and take care in the sun as people of all skin tones can get skin cancer.

Protect your moles

If you have lots of moles or freckles, your risk of getting skin cancer is higher than average, so take extra care. Keep an eye out for changes to your skin, changes to check for include:

- a new mole, growth or lump
- any moles, freckles or patches of skin that change in size, shape or colour

Report these to your doctor as soon as possible. Skin cancer is much easier to treat if it's found early.

How to deal with sunburn

- Seek advice!
- Sponge sore skin with cool water, then apply soothing after-sun cream or spray, like aloe-vera.
- Stay out of the sun until all signs of redness have gone.



The Five S's sun safety

- SLIP on a t-shirt
- SLOP on SPF 30+ broad spectrum UVA sunscreen
- SLAP on a broad brimmed hat
- SLIDE on quality sunglasses
- SEEK shade from the sun whenever possible



Further Information

<https://www.skcin.org/>

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

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 for confirming 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 urgent and from Monday to Friday (excluding bank holidays), our text number does not receive an emergency call 999 or go to the emergency department (A&E). Our text number only (which does not include messages sent from landlines, international mobile numbers and some 'texting' messaging) is available 24/7. 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

SCAN ME

SCAN ME

care.think.do

hcr3 Care Group

ChatHealth

NHS