



PSHE, Mental Health and Wellbeing at Bishops

Issue No. 10 | February 2023



We are delighted to bring you the latest edition of our newsletter - keeping you updated with the PSHE, Mental Health and Wellbeing topics students will be studying during the first half of the Spring 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 the second half of the Spring Term are:

Thursday 23 February	Period 1
Thursday 2 March	Period 2
Thursday 9 March	Period 3
Thursday 16 March	Period 4
Thursday 23 March	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 Wednesday 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.



- All Year 11 tutor groups will continue to take part in the series of workshops delivered by 'Key Charity' on healthy relationships. The third session is called 'Consent and Online Relationships'.

PSHE Topics This Half-Term

During the second half of the Spring Term, all year groups will explore a 'Wider World' topic, with Year 7 – Year 10 doing 'Careers' and Year 11 exploring 'Independent Living'.

The Careers sessions will cover topics such as Personal Development, Workplace Skills, Aspirational Learning and different Career options.

External Speakers Involved

- On the 23 February the British Red Cross will be delivering a first aid workshop to each Year 7 tutor group.
- Year 8 will begin to take part in sessions run by Lancashire Police. The first one is called 'Captured' and focuses on the risks involved with 'sexting' or sending nude or explicit images. Each week a different tutor group will receive their session. Following this, in the Summer Term Year 8 will receive the second session which is called 'Crossing the Line', which warns students of 'County Lines' and the risks involved.
- Year 9 are due to take part in a CPR workshop delivered by the British Heart Foundation – date tbc.
- Year 10 tutor groups will continue to take part in workshops delivered by the Amy Winehouse Foundation on Drug and Alcohol Abuse. Year 10 are also receiving a presentation by Lancashire Council Prevent Team, on 'Extremism'.



Citizenship Topic This Half-Term

All students will have an extended afternoon tutor on Thursday 9 March. During this session, students will explore the topic of 'Fairtrade', organised by Mrs Duckworth.



MENTAL HEALTH

This section of the newsletter aims to provide you with some pathways to good mental health – this terms newsletter focus is on Sophrology.

Sophrology is...

Sophrology is a self-development practice based on easy-to-do relaxation, breathing, gentle movement, meditation and visualisation exercises to help you balance mind and body and feel empowered in the modern world.

What can Sophrology help you with?

Sophrology can help you deal with stress-management, anxiety, problems sleeping, letting go of negativity and mastering your mindset.

How do I practice Sophrology?

Designed to be simple and easy to follow, Sophrology requires only 3 – 20 minutes per practice and can be done anytime, anywhere, alone or in a group.

Created from both Eastern practices and Western science, Sophrology uniquely combines breathing, dynamic relaxation, gentle movement, meditation and visualisation techniques to help you feel more empowered everyday.

You can get started by following the YouTube video links on: <https://www.youtube.com/@BeSophro>

Day 1: Calm Your Mind, Relax Your Body



Day 2: Activate Your Intentions



Day 3: Manifest Your Goal for 2023



February is LGBT+ History Month

As we aim to develop student and staff wellbeing at Bishop Rawstorne, we are seeking to improve awareness of the feelings and needs of everyone in our school community. LGBT+ young people exist in every space where young people are, including classrooms.



LGBT+ History Month is for everyone; whether you work in education, a museum, library or art gallery, a business, a service, are a member of a network/social group or an individual.

It was founded in 2004 by Schools OUT co-chairs, Paul Patrick & Professor Emeritus Sue Sanders and has been celebrated every February across the UK since 2005. Every year Schools OUT sets a different theme for LGBT+ History Month and provides free resources for education settings, businesses, services and organisations to help them celebrate and Usualise LGBT+ lives in their full diversity.

The Proud Trust often talks about the quote “if you can see it you can be it...” The opportunity that positive education during LGBT+ History Month provides is twofold:

1. To give young people the knowledge to understand and embrace the rich diversity of the world they live in, and for some, the words to describe their own experiences.
2. To make visible the LGBT+ people who have been successful in a myriad of different professions.






LGBT+ HISTORY MONTH 2023: BEHIND THE LENS

This year's theme is “Behind the Lens” and provides an opportunity to recognise and celebrate the lives and professional accomplishments of lesbian, gay, bisexual and trans people, many of who work outside of the limelight in the fields of photography, film making, TV, music and fashion.

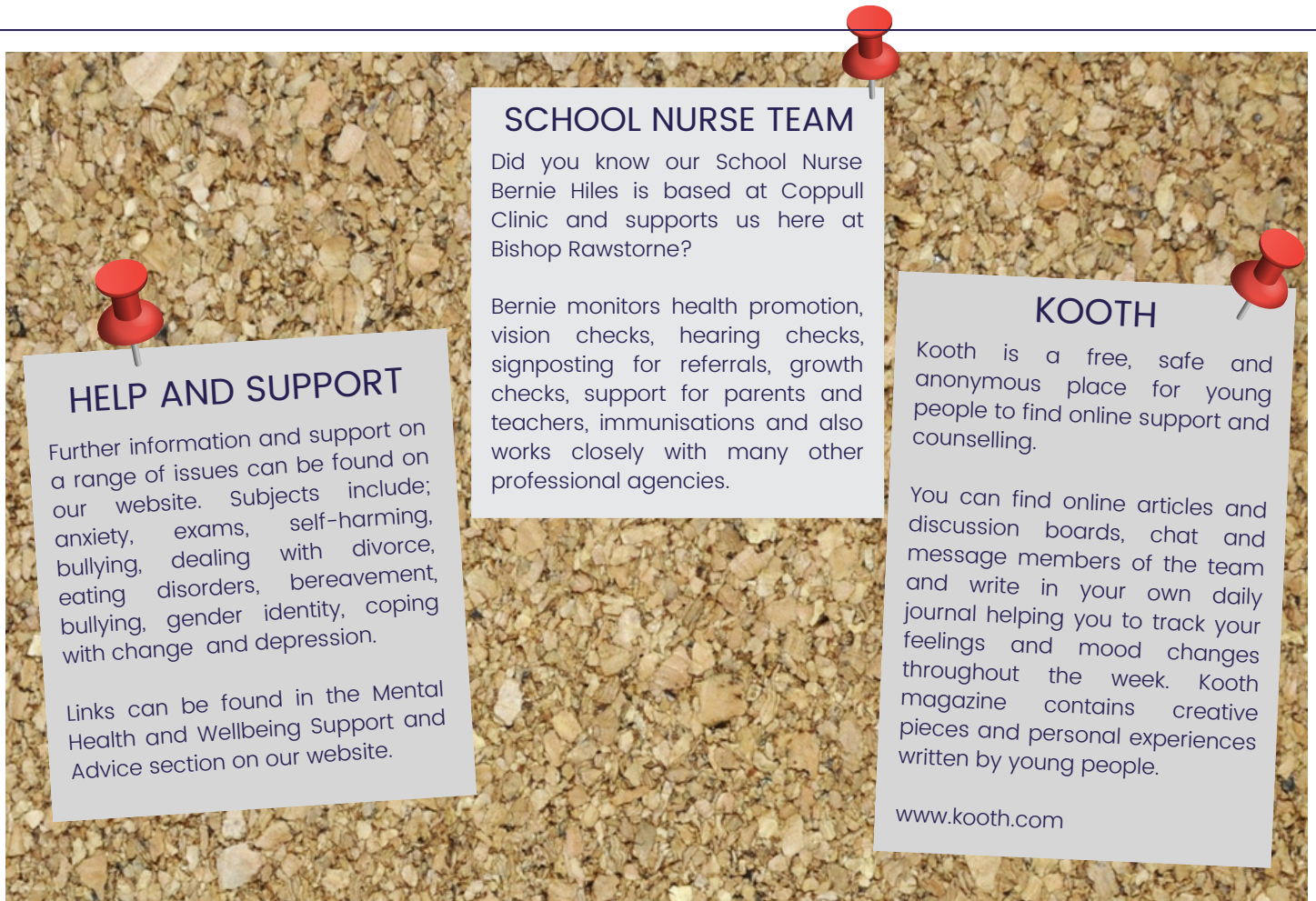
For further information visit the links below and on the right::

- <https://lgbtplushistorymonth.co.uk/>
- <https://www.theproudtrust.org/>
- <https://www.justlikeus.org/>



	Switchboard (@switchboardlgbt) Switchboard is an information, support and referral service for LGBT+ people and anyone considering issues around their sexuality and/or gender identity. Website: www.switchboard.lgbt Helpline: 0300 330 0630
	AKT (@aktcharity) AKT supports LGBT+ young people experiencing homelessness or living in hostile environments to find safe homes, employment, education or training and to celebrate their identities in order to improve their life outcomes. Website: www.akt.org.uk Email: gethelp@akt.org.uk
	Mermaids (@mermaidsgender) Mermaids supports children and young people who are gender diverse, as well as their families and professionals involved in their care. They operate a number of services for young people and parents across the UK. Website: www.mermaidsuk.org.uk Helpline: 0808 801 0400
	Gendered Intelligence (@genderedintelligence) Gendered Intelligence runs a number of youth groups that welcome trans, non-binary, gender variant and questioning young people. Gendered Intelligence also hosts a camping weekend and offers resources on their website. Website: www.genderedintelligence.co.uk
	Stonewall (@stonewalluk) Stonewall is one of the UK's best known LGBT+ organisations. Their 'What's in My Area?' page allows you to see what LGBT+ services and community groups are local to you by putting in your postcode. Website: www.stonewall.org.uk

NOTICEBOARD



Other Organisations For Help and Advice

For information and advice about being healthy and looking after yourself, or if you need someone to talk to, you might find it helpful to look at the following websites:

www.samaritans.org.uk

www.nhs.uk

www.teenagehealthfreak.org

www.there4me.com (Childline)

<https://education.stem4.org.uk/apps/> - a library of free mental health apps for young people.

Drugs and Alcohol

Talk To Frank - 0800 7766 000 www.talktofrank.com

Emotional Health and Wellbeing

www.youngminds.org.uk

LGBT+

www.justlikeus.org

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.

