



# PSHE, Mental Health and Wellbeing at Bishops

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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 Summer term.

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

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## In This Issue:

<b>INTRODUCTION</b>	1
<b>PSHE</b>	2
PSHE Dates this Half Term	
External Speakers Involved	
PSHE Topics this Half Term	
Citizenship Topic this Half Term	
<b>WELLBEING</b>	3-5
Wellbeing tips during Year 11 Exams	
<b>NOTICEBOARD</b>	6
Other Organisations for Help and Advice	

# PERSONAL, SOCIAL, HEALTH, ECONOMIC (PSHE)

## PSHE Dates this Half Term

The dates for the first half of the Summer Term are:

Friday 21 April	Period 1
Friday 28 April	Period 2
Friday 5 May	Period 3
Friday 12 May	Period 4
Friday 19 May	Period 5

On Monday 17 April Year 11 will receive a presentation from Tania from Lancashire sexual health. Other than this, they will no longer be taking part in PSHE lessons and will be utilising their PSHE lesson time every Monday for independent study and revision.

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.

## External Speakers Involved

- Year 8 will continue to take part in sessions run by Lancashire Police. Each week a different tutor group will receive their session. The first one is called 'Captured' and focuses on the risks involved with 'sexting' or sending nude or explicit images. The second session is called 'Crossing the Line', which warns students of 'County Lines' and the risks involved.
- Year 8 will also receive a presentation delivered by the Lancashire Prevent Partnership on 'Respect and Tolerance'.
- Year 9 and 10 will experience the 'Respect Me' workshop delivered by the Message Trust. They describe themselves as 'a worldwide movement passionately sharing the love of Jesus Christ in words and actions'. For more information please see

<https://respectme.co.uk/> or <https://www.message.org.uk/category/respect-me/>.

- Year 10 tutor groups will start to take part in a series of workshops delivered by 'Key Charity' on healthy relationships. Each week a different tutor group will receive their session. The first session is called 'Introduction to Domestic Violence and Abuse'.

## Citizenship This Half-Term

All students will have an extended afternoon tutor on Friday 5 May.



## PSHE Topics This Half-Term

During the first half of Summer Term, years 7-10 will explore a 'Relationships' topic:

	YEAR 7	YEAR 8	YEAR 9	YEAR 10
FRIDAY 21 APRIL	Positive Relationships, introduction to boundaries, consent and online grooming	'Respect and Tolerance' Presentation delivered by Lancashire Prevent Partnership	Consent	Teen Pregnancy and Pregnancy Choices
FRIDAY 28 APRIL	Keeping Positive Relationships	Introduction to Sex Education, brief introduction to consent, STIs and contraception	'Respect Me' workshop delivered by the Message Trust	'How do STIs spread?' and Condom Demonstration Period 2 + 'Respect Me' session from the Message Trust Period 3
FRIDAY 5 MAY	Consent and Boundaries, including unwanted touch	Consent	Contraception	British Values and Multiculturalism
FRIDAY 12 MAY	Keeping Good Friendships	Consent and Avoiding Assumptions	STIs	Fake News and Critical Thinking
FRIDAY 19 MAY	Romance and Relationships	Sexting	Teen Pregnancy and Pregnancy Choices	What is Radicalisation and Extremism?

## Wellbeing tips during Year 11 Exams

With exams just round the corner we recognise the pressure that our Year 11 students are under and the many anxieties that they may be facing. In order to support their wellbeing, we have put together the following tips which we hope will be useful, and which are also applicable for all students throughout their school lives and beyond.

### Eat healthily and drink regularly

Our brains use up lots of energy when we are concentrating and studying. Eating a healthy diet and eating and drinking regularly helps to stop our body producing stress chemicals and keeps our brain functioning efficiently. Remember to avoid caffeine 4-6 hours before bed - sources of caffeine include tea, coffee, chocolate, energy drinks, some fizzy drinks sweets and ice cream and even some medications.

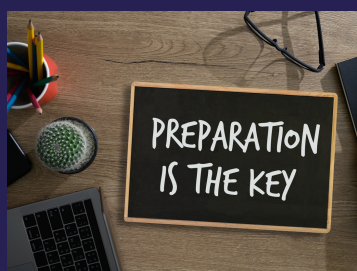


### Exercise to reduce stress and help concentration

Stress chemicals can be kept at bay by physical movement, which also produces endorphins to help us feel good. Even just a quick walk to raise the heart rate can be beneficial, particularly during study breaks where exercise can aid problem solving, and improve information processing and concentration. If you are able to exercise outside this is even better as it helps regulate our internal body clock aiding sleep. Many people find breathing exercises and mindfulness meditation or yoga useful too in managing anxiety and stress.

### Aim for 9 hours sleep a night

Many people struggle with sleep during periods of stress and exam time is no different. Try to avoid technology (or put them into night mode) for one hour before going to sleep and remove the distraction of phones as the blue light in screens can negatively affect sleep patterns. A mug of hot milk can also be worth a try to help us feel relaxed and more sleepy. The NHS recommends 9 hours of sleep per night for 15/16 year olds - tiredness can increase the stress hormones in our body and less sleep can affect the Rapid Eye Movement (REM) sleep which is important for learning and memory.



### Preparation is key

Find a study space that works, set realistic goals by topic and make use of the resources provided to help you create a revision plan tailored to you. The Exam Prep & Revision section under the Student Area of our website has a copy of the exam timetable and lots of information to help support you in your revision: <https://bishopr.co.uk/student-area/exam-prep-revision>.



## Think positively and keep things simple

When we start to feel overwhelmed it is easy to lose focus on the task at hand and struggle with our feelings. Where possible, try to focus on what you can control rather than what you can't, for example, you have no control over the questions on a paper but you can control how much effort you put in or how calm/focused you can be in the exam itself. Rating how you feel on a scale of 1-10 (where 10=really stressed and 1=not stressed) can help to identify how you are feeling. Breaking tasks down into smaller, more manageable chunks can help you to move one point at a time down on the scale.

## Don't forget the fun things too!

Whilst studying you might have less time for yourself and to do all your usual activities. Don't forget this is only temporary and you don't need to stop all the fun completely! Keep a bit of time aside to do some of the things that you enjoy too, reward yourself and make time to relax with friends and family which is important for your wellbeing.



## Seek support if needed

Don't forget to look after yourself and notice how you are thinking and feeling and if things suddenly change seek help or talk to someone. It takes courage to acknowledge you are not coping and tell someone - whether it be your friends, family or support online or in person from various organisations and charities. If you have concerns about yourself or a friend please tell your tutor, Head of Year or contact Learning Support and we will do our best to provide the necessary support.

## Further help

More resources and articles which you might find useful:

- Pearson Exam Stress and Wellbeing - <https://www.pearson.com/uk/educators/schools/issues/working-together-to-build-healthy-and-happy-schools/exam-stress-and-wellbeing.html>
- University of Oxford Exam wellbeing and Preparation - <https://www.ox.ac.uk/students/academic/exams/wellbeing>
- University of York Exam Wellbeing Tips - <https://blogs.york.ac.uk/student-voices/2021/12/20/10-tips-to-look-after-your-wellbeing-during-exam-season/>
- University of Bath Wellbeing During Exams - <https://blogs.bath.ac.uk/students/2022/02/02/a-guide-to-wellbeing-during-exams/>

### Mindfulness Sleep Apps:

Conscious  
Smiling Mind  
Headspace  
Calm.com  
Breathr  
Pzizz Sleep  
Nature Sounds  
Proactive Sleep Alarm  
Clock  
BetterSleep

### Useful Websites:

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)  
[www.mind.org.uk](http://www.mind.org.uk)  
[www.nopanic.org.uk](http://www.nopanic.org.uk)  
[www.samaritans.org.uk](http://www.samaritans.org.uk)  
[www.youngminds.org.uk](http://www.youngminds.org.uk)  
[www.rethink.org](http://www.rethink.org)  
[www.themix.org.uk](http://www.themix.org.uk)  
[www.sane.org.uk](http://www.sane.org.uk)  
[www.childline.org.uk](http://www.childline.org.uk)  
[www.elefriends.org.uk](http://www.elefriends.org.uk)  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

### Helplines:

Samaritans – 116 123 (24 hrs)  
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)  
Childline – 0800 1111 (24 hrs)  
Papyrus – 0800 068 414 (9am–Midnight every day)

# 5 Tips for Promoting a Sense of Calm during Revision

An organised and mindful approach to revision will help ease the stress that comes with the exam period. Our tips below are designed to help your students create a calm revision space around them...

1

## Include extra-curricular events in revision timetables

Encourage students to include extra-curricular activities, family commitments and other important tasks in their revision timetables. This will help them to manage their time and juggle any other commitments. Breaking up long revision periods with other events will also help make the exam period seem less daunting overall.

2

## Introduce 'social media detoxes'

With technology and social media such a major part of our lives, and often a source of stress or anxiety for a lot of people, it's a good idea to introduce a social media detox during revision periods. Encourage students to switch off their phones, or move them to another room, during timetabled revision sessions. It'll help remove the temptation of distraction and focus their minds.

3

## 'Little and often' beats cramming

Short, regular revision sessions are far more effective than spending hours trying to cram. By allocating 15-minute blocks to a particular topic or subject, students will be better engaged and motivated. This is especially effective when learning lists, e.g. French vocabulary or scientific definitions.

4

## Positive reflection

It really helps to think about how successful each revision session was. At the end of each session, encourage students to list five things they've learnt, three things they'll confidently remember and three things that they're still unsure about. When they return to their notes for further revision, they can focus on filling in the knowledge gaps.

5

## Keep things in perspective

Remind your students that whilst exams and qualifications are stepping-stones to their future, they are not the be all and end all. There will always be options and alternative pathways that they can explore at school, and in later life. Approaches like mindfulness also help to create a more calm and objective mindset.



For more support on the topic of wellbeing around revision and exams, and to learn more about our #healthyhappyschools campaign, visit [go.pearson.com/healthyhappyschools](https://go.pearson.com/healthyhappyschools).

# 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 Miss 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](http://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](http://www.samaritans.org.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)

[www.there4me.com](http://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](http://www.talktofrank.com)

Emotional Health and Wellbeing

[www.youngminds.org.uk](http://www.youngminds.org.uk)

LGBT+

[www.justlikeus.org](http://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](http://www.bullying.co.uk) or [www.kidscape.co.uk](http://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 to 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.

