



PSHE, Mental Health and Wellbeing at Bishops

Issue No. 12 | June 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 second half of the Summer term.

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

Miss J. Speakman
Co-ordinator of PSHE (maternity cover),
Teacher of History

Dr R. Saunders
SENCO, Mental Health Lead

Mr M. Williams
Teacher of PE, Wellbeing Lead

In This Issue:

INTRODUCTION	1
PSHE	2
PSHE Dates this Half Term	
External Speakers Involved	
PSHE Topics this Half Term	
Citizenship Topic this Half Term	
WELLBEING	3-4
Physical Wellbeing in the Sun	
NOTICEBOARD	5
Other Organisations for Help and Advice	

PERSONAL, SOCIAL, HEALTH, ECONOMIC (PSHE)

PSHE Dates this Half Term

The dates for Year 7-10 during the second half of the Summer Term are:

Monday 12 June	Period 1
Monday 19 June	Period 2
Monday 26 June	Period 3

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

- Y8 will continue to take part in sessions ran 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.
- Y9 are scheduled to receive a presentation from Lancashire Prevent Partnership on British Values.
- Y10 will receive a presentation from the charity 'Epic Risk Gambling' on the dangers of gambling, in particular online gambling. This presentation also explores friendships, debt, and substance abuse.

- Y10 tutor groups will also continue 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 Monday 12th June with a focus on Citizenship.

PSHE Topics This Half-Term

During the second half of Summer Term, years 7-10 will explore a 'Wider World' topic:

	YEAR 7	YEAR 8	YEAR 9	YEAR 10
MONDAY 12 JUNE	Rail safety	Rail safety	Wants and needs	Credit or debit?
MONDAY 19 JUNE	Water safety	Water safety	British Values delivered by Lancashire Prevent Partnership	Savings, Loans and Interest Rates
MONDAY 26 JUNE	Finance	Internet safety	Finance	Dangers of Gambling Presentation delivered by 'Epic Risk Gambling' Charity

Please note, Year 9 and Year 10 will also be reminded of the dangers of water and rail safety.

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 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

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

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 healthcare 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 had from us, contact a member of school staff or your doctor. Our text number does not involve voice calls or SMS 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. Prevent the school nurse from sending messages to you by texting STOP 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.

