



# PSHE, Mental Health and Wellbeing at Bishops

Issue No. 7 | September 2022



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We are delighted to bring you the latest edition of our newsletter and the first of the new school year - keeping you updated with the PSHE, Mental Health and Wellbeing topics students will be studying during the first half of the autumn term.

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

**Miss C. Robinson**  
Co-ordinator of PSHE, Curriculum Area Leader of Religious Education

**Miss E. Palmer**  
SENCO/Mental Health Lead

# PERSONAL, SOCIAL, HEALTH, ECONOMIC (PSHE)

## PSHE Dates this Half Term

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

Monday 5 September	Period 1
Monday 12 September	Period 2
Wednesday 21 September	Period 3
Monday 26 September	Period 4
Monday 3 October	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 external speakers and agencies involved as follows:

- Year 7 will receive a mental health presentation delivered by a mental health counsellor, an internet safety workshop delivered by Lancashire Council's Prevent Partnership and a performance called 'Streetwise', produced by Lancashire Council, which promotes road safety.

In addition to their PSHE sessions, Year 11 will attend a number of talks delivered by local colleges which will offer advice on post-16 choices.

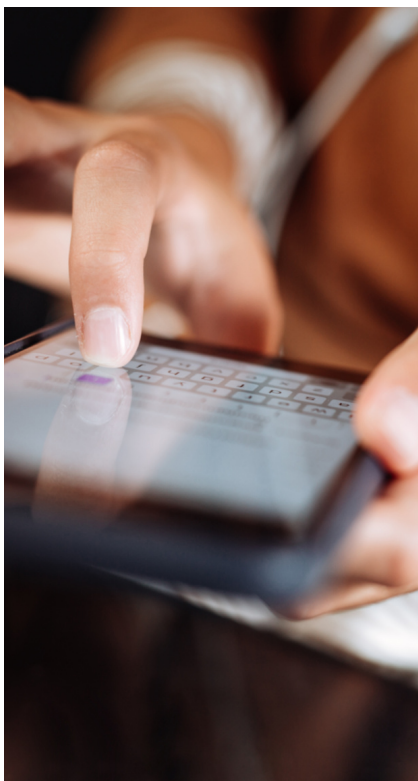
## PSHE Topics This Half-Term

During the first half of Autumn Term, all year groups will explore a 'Health and Wellbeing' topic:

- Year 7 will focus on 'Transition', with sessions on starting high school, mental health, road safety and online safety.
- Year 8 will explore 'Healthy Lifestyles' with focus on peer pressure, smoking and vaping, energy drinks, alcohol and substance misuse.
- Year 9 will take part in sessions on 'Healthy Lifestyles and Community' including Anti-Social Behaviour, Knife Crime, Alcohol and Drug misuse.
- Year 10 will complete a 'Mental Health' unit, exploring how to cope with change, reframe negative thinking, recognise signs of mental health illness, including eating disorders, and promote positive mental health.
- Year 11 will cover sessions on dealing with change and stress, promoting well-being, managing time effectively and revision and study techniques.

## Citizenship

October is Black History Month and there will be a number of things taking place in school to recognise this, including an extended afternoon tutor time on Monday 10 October as part of our Citizenship Programme.



## Youth Mental Health Day – 19 September 2022

This year's YMHD theme is 'Connect Meaningfully'. Over the past two years, young people have had to experience many of their most formative experiences virtually—from joining a new school/college/university, to celebrating a 'big' birthday. In fact, according to research from Harvard University in 2021, young people report the highest rates of loneliness post-pandemic. By focusing on the importance of meaningful connections and having a solid support system, YMHD 2022 will invite young people across the country to reflect on how their relationships (with family, friends, teachers etc.) have changed over the last couple of years, and share how they can make an effort to #ConnectMeaningfully to ensure they are fostering relationships that will support and positively impact their mental health.

### How to #ConnectMeaningfully with your young person

Talking whilst sharing or bonding over an activity works better than simply sharing feelings or worries. Here are some things you can try to #ConnectMeaningfully with your young person in a way that works for both of you.

### Things you can say and do to #ConnectMeaningfully:

1. Regularly spend time together outdoors. For example, go for a walk, play a ball game.
2. Arrange regular fun days. For example, Magic Trick Learning Mondays, Tomato Recipe Tuesdays, Scary Story Saturdays.
3. Create a family cookbook by collecting recipes you make together.
4. Talk about family members and create a family tree.
5. Learn something together, whether about a topic or a new skill.
6. Make sure you eat dinner together.
7. Talk about the board games they like to play.
8. Put a selection of different topics into a lucky dip box to talk about at a weekend meal.
9. Discuss all the things you're grateful for and create a family gratitude journal.
10. Select an interesting talk or podcast for the family to listen to and discuss once a month.
11. Talk about possible difficult topics when in the car or doing a shared activity—non face to face communication is easier.

# Apps

Please see below some really useful and free apps that our young people can use to help them with their mental health.

**stem4's mental health apps**



A free app to help teenagers resist or manage the urge to self-harm  
[www.calmharm.co.uk](http://www.calmharm.co.uk) • [@calmharmapp](https://twitter.com/calmharmapp)



A free app to help children and young people manage the symptoms of anxiety  
[www.clearfear.co.uk](http://www.clearfear.co.uk) • [@clearfearapp](https://twitter.com/clearfearapp)



A free app to help teenagers manage low mood and depression  
[www.movemood.co.uk](http://www.movemood.co.uk) • [@appmovemood](https://twitter.com/appmovemood)



A free app to help families and friends provide mental health support  
[www.combinedminds.co.uk](http://www.combinedminds.co.uk) • [@combmindsapp](https://twitter.com/combmindsapp)

stem4's award-winning apps are available to download from the App Store and Google Play.

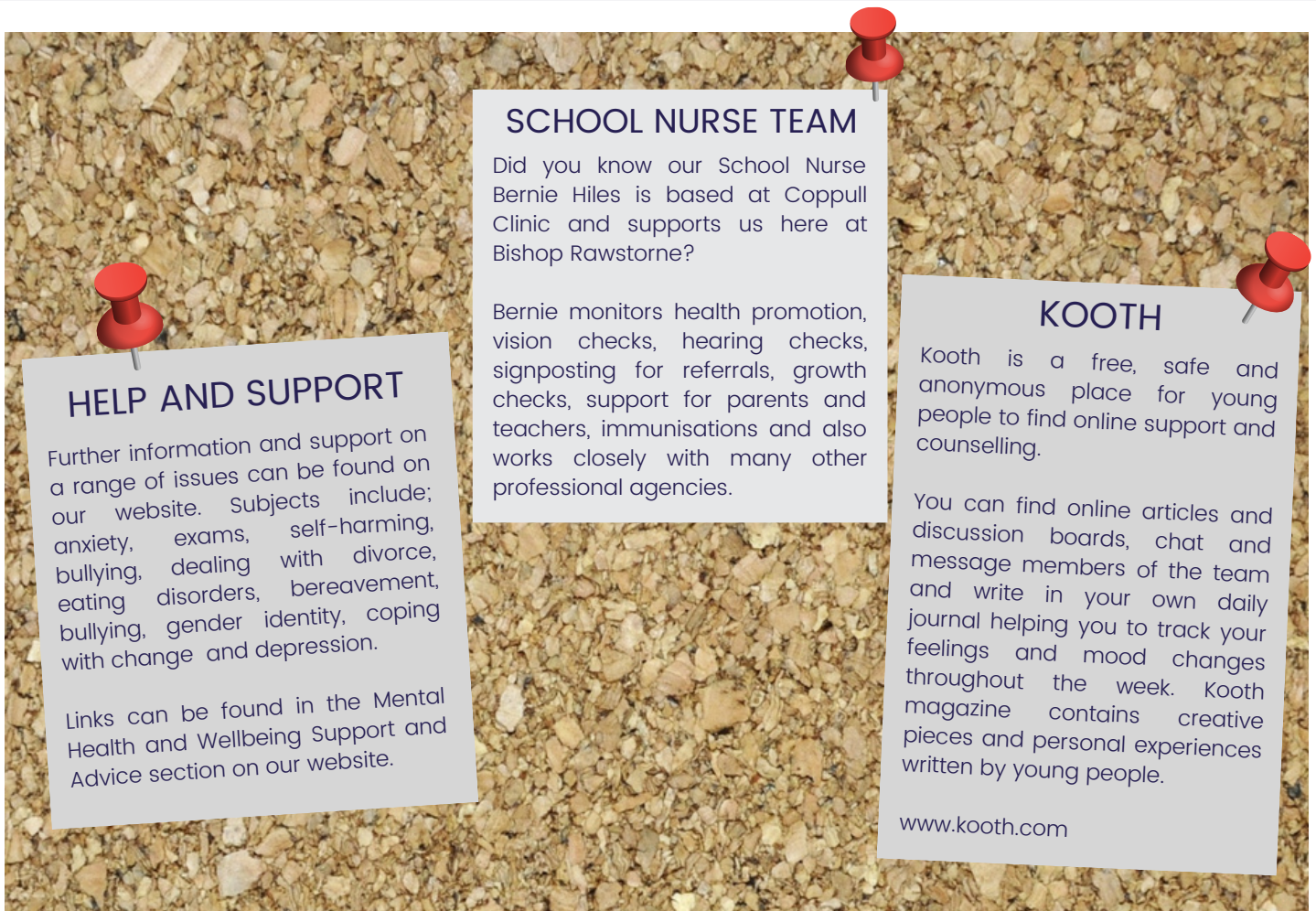
 

**stem4**  
supporting teenage mental health

[www.stem4.org.uk](http://www.stem4.org.uk) • [@stem4org](https://twitter.com/stem4org)

Please note that these apps are an aid in treatment but do not replace it. Developed by stem4 - registered Charity No. 1144506 - © Copyright 2012 - 2022 stem4.

# 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](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)

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)

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.**

