



# 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 second half of the Autumn term.

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

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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 second half of the Autumn Term are:

Tuesday 8 November	Period 1
Tuesday 15 November	Period 2
Tuesday 22 November	Period 3
Tuesday 29 November	Period 4
Tuesday 6 December	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.



- Year 10 will also receive the Sexual Health presentation, which they will have on Tuesday 29th November.
- All Year 11 tutor groups will take part in a series of workshops throughout the year on healthy relationships. The first one is called 'Domestic Abuse – It's Criminal'.

## PSHE Topics This Half-Term

During the second half of Autumn Term, all year groups will explore a 'Relationship' topic:

- Year 7 will focus on friendships, bullying, prejudice and discrimination.
- Year 8 will explore bullying, and discrimination in its various forms.
- Year 9 will investigate different types of relationships, healthy and unhealthy relationships, safe sex, and the dangers of sexting.
- Year 10 will investigate healthy and unhealthy relationships, safe sex, and the dangers of viewing explicit content.
- Year 11 will continue to focus on exam preparation and dealing with stress, before moving onto a 'relationships' topic. During the relationships topic they will explore healthy and unhealthy relationships, safe sex, sexual abuse and harassment and stalking.

## 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 8 will receive a virtual presentation from 'Just Like Us', an LGBTQ+ charity, on Tuesday 6th December.
- Year 9 will experience an anti-bullying workshop delivered by the charity 'Stand Against Violence' on Tuesday 8th November. On Tuesday 22nd November Year 9 will watch a Sexual Health presentation delivered by the Lancashire Sexual Health Team.



## World Mental Health Day

World Mental Health Day was on 10 October 2022. For over 70 years, the Mental Health Foundation have been working to make sure that mental health is treated on a par with physical health. Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. We need to do as much as possible to prevent mental ill-health – as individuals and as a society. The foundation continues to call on national and local government to prioritise reducing the factors known to pose a risk to people’s mental health, enhancing those known to protect it and creating the conditions needed for people to thrive.

World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

The Mental Health Foundation have a podcast that covers a variety of topics. The QR code below will take you to the page where you can explore all their podcasts.



## Apps

stem4, a charity supporting teenage mental health, has a library of free mental health apps for young people.

The apps are listed on the right and you can find out more about them here:

<https://education.stem4.org.uk/apps/>



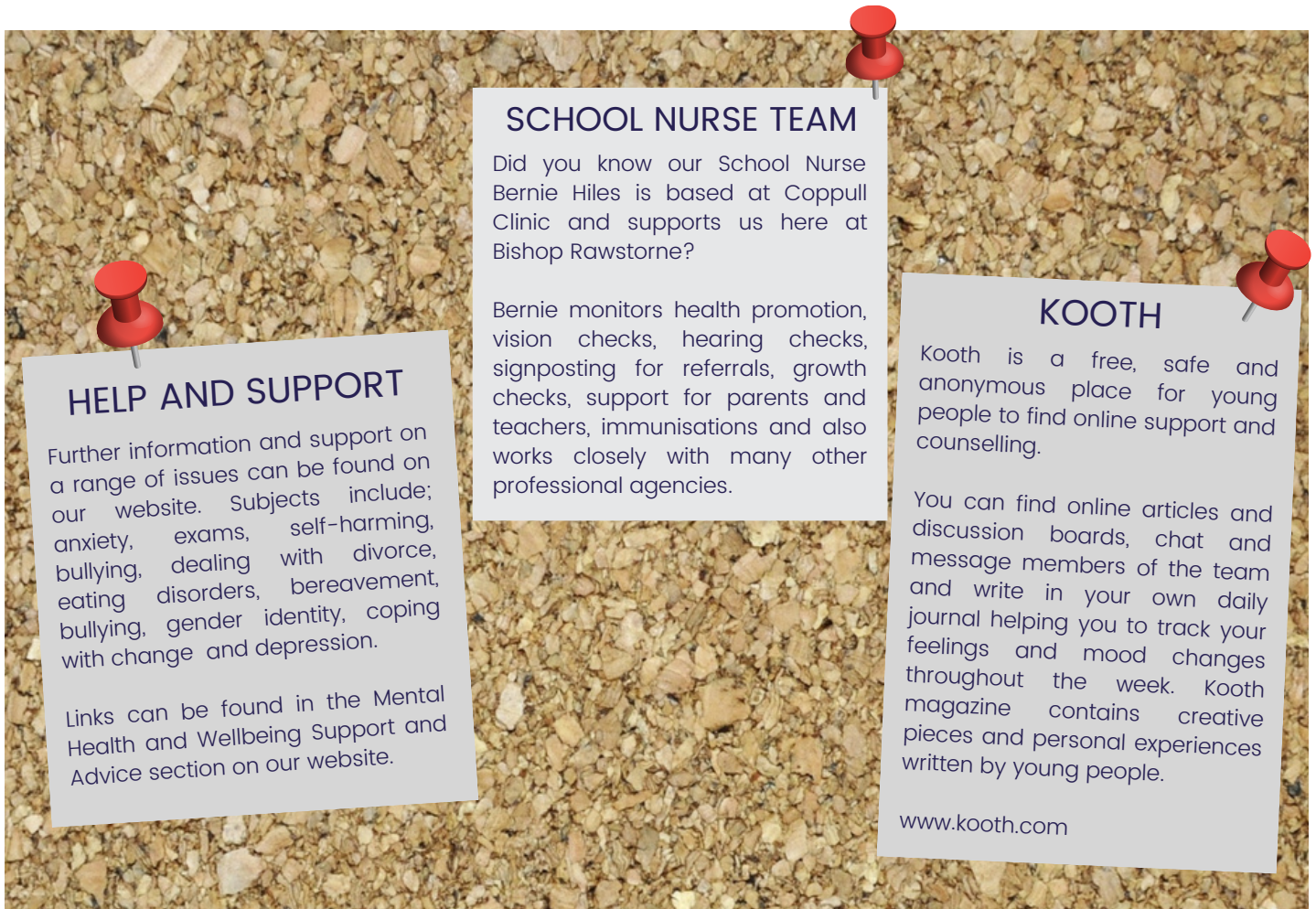
**Calmharm**  
A free app to help teenagers resist or manage the urge to self-harm  
[www.calmharm.co.uk](http://www.calmharm.co.uk) • @calmharmapp

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

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

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

# 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.**

