



PSHE, Mental Health and Wellbeing at Bishops

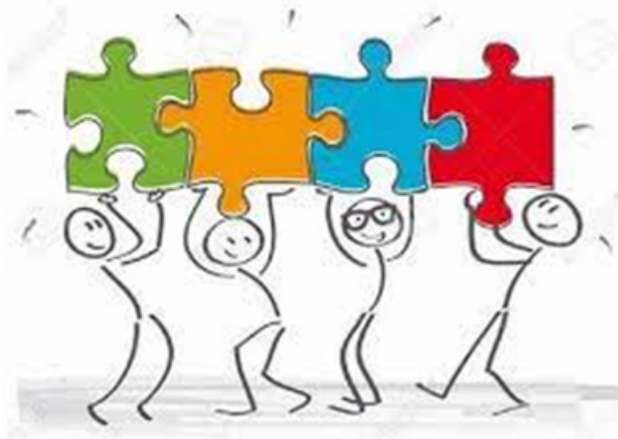
Issue No. 4 | March 2022

We are delighted to bring you the next edition of our newsletter – keeping you updated with the PSHE, Mental Health and Wellbeing topics students will be studying this half-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

Years 7, 8, 9 and 10 will have five one-hour PSHE sessions. The dates for these sessions are:

Thursday 24th February	Period 1
Thursday 3rd March	Period 2
Thursday 10th March	Period 3
Thursday 17th March	Period 4
Thursday 24th March	Period 5

Year 11 have one PSHE Lesson per week, which is identified on their timetable.

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 this half term will be delivered by the students' usual class teachers.

Year 11 will have a presentation from Lancashire Sexual Health.

PSHE Topics This Half-Term

During the second half of Spring Term all year groups will explore a 'Health and Wellbeing' topic:

Year 7	Puberty, Healthy Living, and Unwanted Contact
Year 8	Emotional Health and Well-Being, including Body Image, Social Media Pressure, and Eating Disorders
Year 9	Healthy Living, Personal Safety and First Aid, including CPR
Year 10	Alcohol, Drugs, Anti-Social Behaviour, Gangs and Knife Crime
Year 11	Healthy Living, including Self Examination (Cancer Awareness), Vaccination, Blood and Organ Donation, Reproductive Health and Dealing with Exam Pressure.

MENTAL HEALTH AND WELLBEING

Topic Focus this Half-Term

As part of our continued work with students on mental health and wellbeing we will be looking at the following topics this half-term:

- LGBTQ+ History Month
- Body Image
- Equality
- Sleep
- Being proud of yourself

Most topics will be delivered by class teachers. Year 8 will have a session run by Asa Burton, our Educational Practitioner and Counsellor, on ways to support their mental health and wellbeing. We hope students find these topics informative and helpful.

Events this Half-Term:

February	LGBTQ+ History Month
8 March	International Women's Day
18 March	World Sleep Day

LGBTQ+ HISTORY MONTH

February was LGBTQ+ History Month which aims to promote equality and diversity.

During their tutor sessions, students looked at Homophobic, Bi-phobic and Transphobic Bullying (HBT). They learnt that HBT Language includes phrases that may be often labelled as 'just a joke' or 'banter'; but are usually at the expense of others – for example; 'that is so gay', 'you throw like a girl', 'man up', 'so.. are you a girl or a boy?'.

We hope these sessions will help to create a safer place for every student within school, regardless of their sexual orientation or gender identity.



Body Image Perceptions



As part of International Women's Day on the 8th March, students will look at how body image is linked to gender and how the pressures of body image are made worse by the media.

Additionally, they will look at the different and similar pressures for all genders, providing students with greater awareness of the issue.

The Importance of Sleep

World Sleep Day is on 18th March, unfortunately it doesn't mean we can sleep all day! During this week students will look at the importance of sleep and the impact it can have on their mental health.



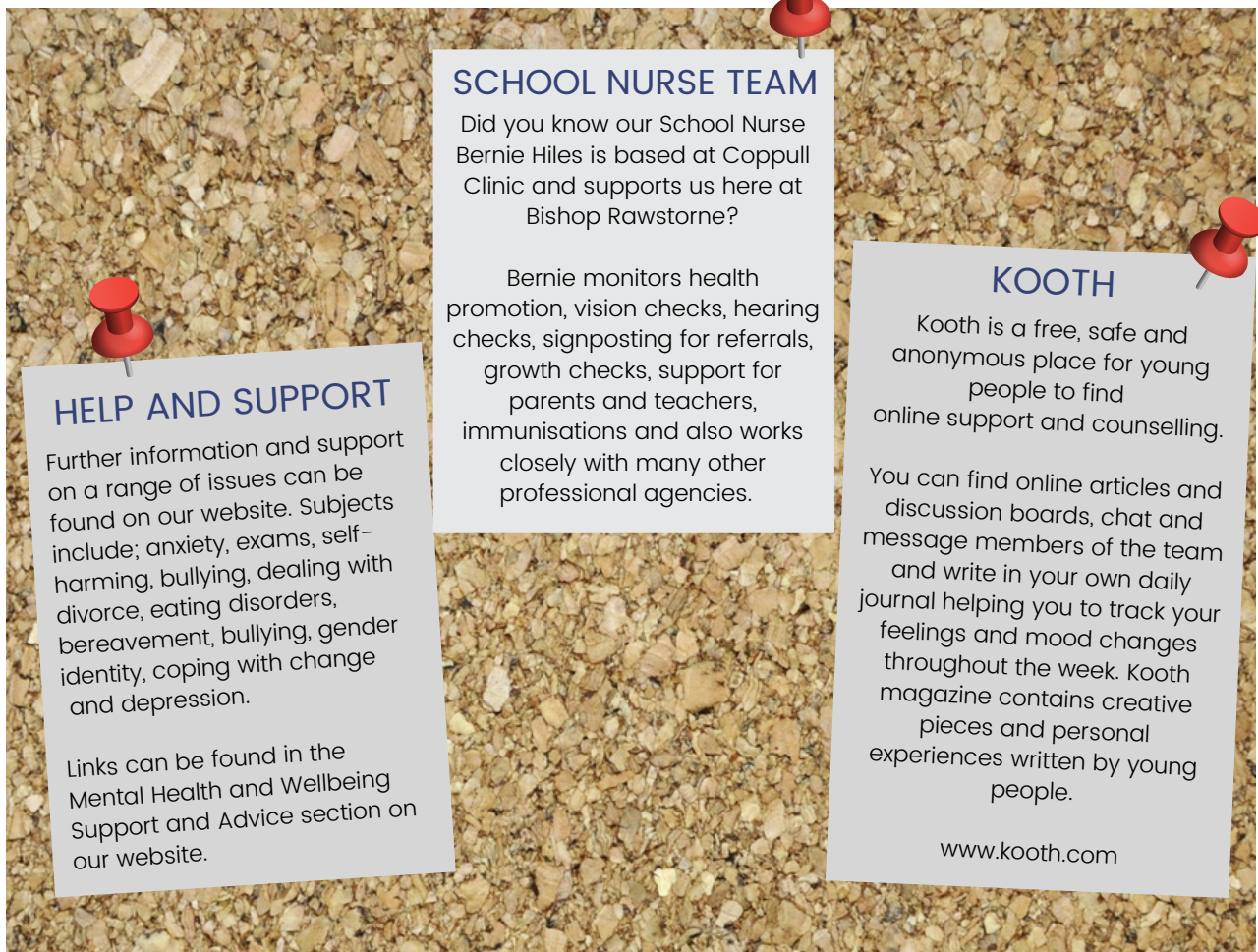
Being Proud of Yourself

Smashing Stereotypes & Feeling Proud.

How often do we think about being proud of ourselves? Students will spend a tutor time sharing things they are proud of – encouraging self-belief and building up their self-confidence for a happier and healthier life.



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)

Drugs and Alcohol
Talk To Frank – 0800 7766 000 www.talktofrank.com

Emotional Health and Wellbeing
www.youngminds.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.
