



PSHE, Mental Health and Wellbeing at Bishops

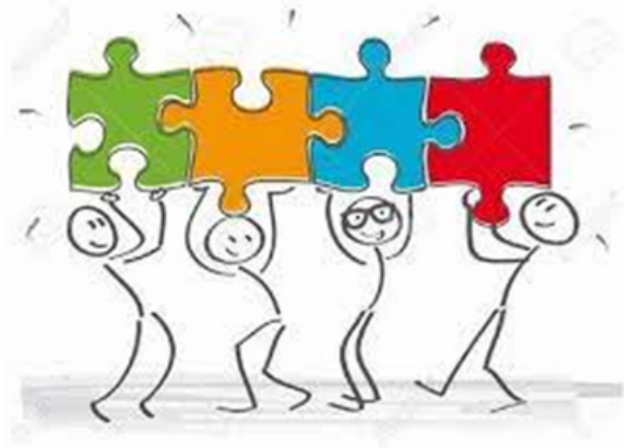
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We are delighted to bring you the next edition of our newsletter – keeping you updated with the PSHE, Mental Health and Wellbeing topics students will be studying this half-term.

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:

Friday 29th April	Period 1
Friday 6th May	Period 2
Friday 13th May	Period 3
Friday 20th May	Period 4
Friday 27th May	Period 5

A reminder message will be sent home before each session. Please ensure students bring their PSHE (pink) exercise books to school ready for the session. Students should follow their normal timetable and arrive at their usual classrooms.

External Speakers Involved

Most PSHE sessions this half-term will be delivered by the students usual class teachers, but there will be external speakers and agencies involved as follows:

- Y8 will be taking part in a workshop called 'Captured' which is delivered by the police. This explores the law, risks and consequences of taking, storing or sharing explicit images.
- Y9 and Y10 will watch a presentation delivered by the Lancashire Sexual Health Team.
- Y9 will also take part in a CPR workshop delivered by the British Heart Foundation.

PSHE Topics This Half-Term

During the first half of the Spring Term Years 7–9 will explore a 'Relationships' topic and Year 10 will study a 'Wider World' topic. Additionally each year group will study some safety sessions affecting our local area. Year 11 will have some 'Finance' sessions and time for revision:

Year 7	Building Positive Relationships (including sessions on self-esteem, good friendships, safe relationships and romance). Water Safety.
Year 8	Identity and Relationships (including sessions on consent and safe relationships). Railway and Water Safety.
Year 9	Intimate Relationships (Including sessions on consent, contraception and STI's). Railway Safety.
Year 10	Wider World (Including sessions on Multiculturalism, Fake News, Extremism and Radicalisation). Railway Safety.
Year 11	Finance sessions. Time for independent revision.

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:

- New term – self-care
- Reading and Mental Health
- Loneliness
- Respect yourself

Year 11 will also look at self care and exam stress.

Reading and Mental Health

Losing yourself in a good book has been shown to reduce your levels of stress. Research showed that reading as little as six minutes a day can reduce stress levels by 60% by reducing your heart rate, easing muscle tension and altering your state of mind.



Respect Yourself

We all live together in a society. We share spaces and resources. We all need each other to live the lives we want to live (how do you learn without a teacher, get a new shirt without a shopkeeper, use a video game without an inventor?).

To live together with a degree of trust and safety, we need to find ways to get along. We have certain rules we agree to as a society to make that possible.

Respect is one of the key rules we use to be sure we can get along and live with trust and safety.



Events this Half-Term:

April Stress Awareness Month
9th–15th May Mental Health Awareness Week

STRESS AWARENESS MONTH

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern stress epidemic. This year the theme is Community because lack of support can cause loneliness and isolation, lowering people's wellbeing and impacting on their mental health which can lead to mental illness. For more information visit www.stress.org.uk/national-stress-awareness-month/

Mental Health Awareness Week – Loneliness



**Mental Health
Awareness Week**
9 – 15 May 2022

Loneliness affects millions of people in the UK every year and is a key driver of poor mental health. Research has found that loneliness has been exacerbated by the Covid pandemic. Loneliness has been an important factor contributing to higher levels of distress, resulting from people's sense of isolation and reduced ability to connect with others. Further polling also found that loneliness was one of the leading issues that the public felt needed to be addressed.

The week will raise awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it. Reducing loneliness is a major step towards a mentally healthy society.

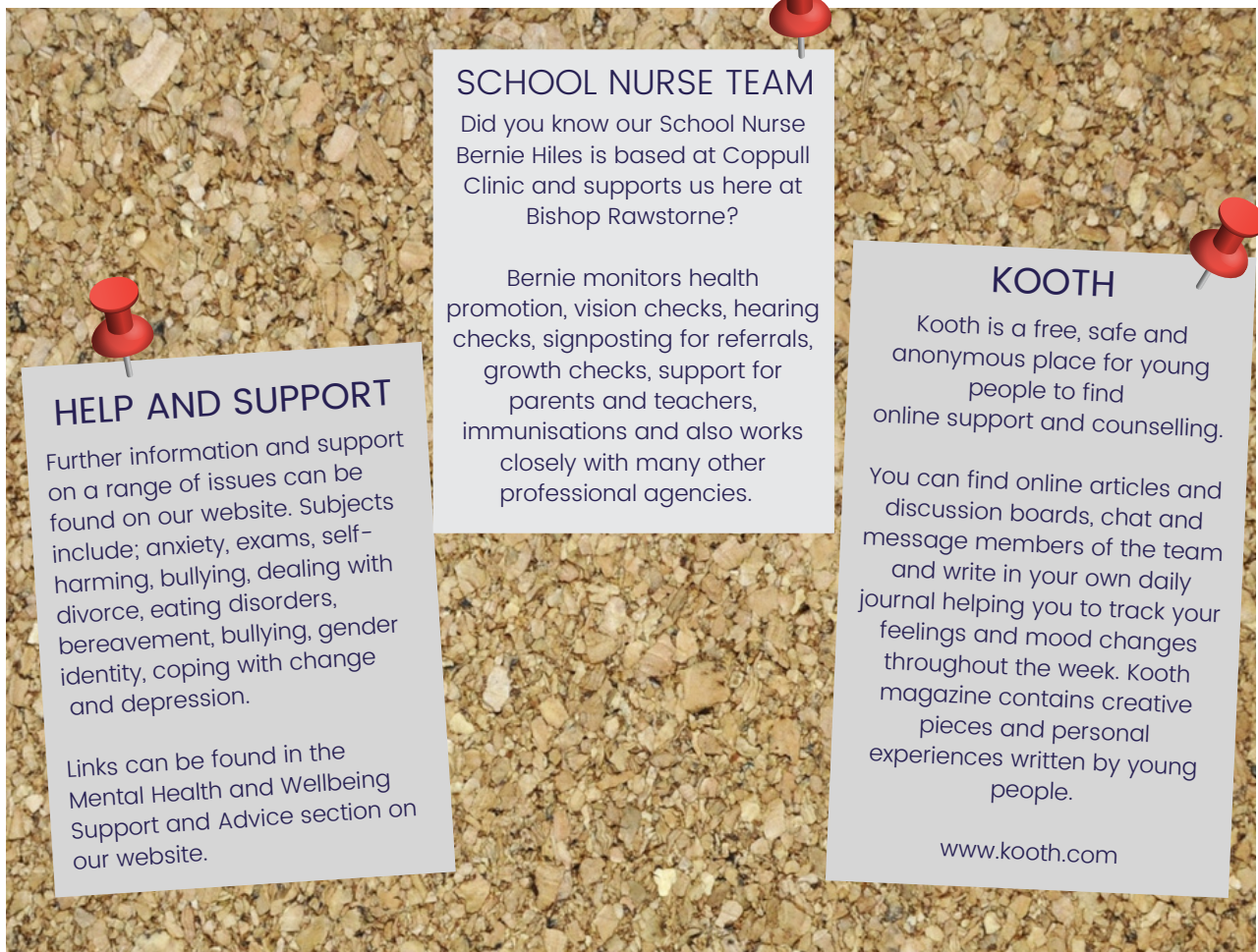


Things you can try to help with loneliness:

- Try talking about your feelings to a friend, family member, health professional or counsellor. You could also contact Samaritans, call: 116 123 or email: jo@samaritans.org if you need someone to talk to.
- Consider joining a group or class that focuses on something you enjoy; if you are feeling nervous go along and watch first.
- Consider visiting places where you can just be around other people – for example, a park, the cinema or a café.
- Consider peer support, where people use their experiences to help each other. Find out more about peer support on the Mind website.



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.
