



PSHE, Mental Health and Wellbeing at Bishops

Issue No. 6 | July 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 have been studying during the second half of the summer term.

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

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PERSONAL, SOCIAL, HEALTH, ECONOMIC (PSHE)

PSHE Dates this Half Term

The dates for Year 7, 8, 9, and 10 PSHE for the second half of summer Term are:

Monday 6th June	Period 1
Monday 13th June	Period 2
Monday 20th June	Period 3
Monday 27th June	Period 4
Monday 4th July	Period 5

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:

- Y7 will receive a mental health presentation delivered by a mental health counsellor. This session will outline what mental health and well-being is, outline the most common mental health disorders, advise students on how best to look after their well-being and sign post further help and support.
- Year 8 will be taking part in a workshop called 'Crossing the Line', which is delivered by the police. This workshop explores County Lines and will explain to students what County Lines is, how young people become involved, the law, risks, consequences and help available.

- Year 9 will watch a presentation delivered by the Lancashire Sexual Health Team. This session explains the '4 C's' of sexual health 'Consent, Communication, Contraception and Condoms', will advise students of the law, being safe and will sign post further help and support.
- Year 10 will watch a presentation delivered by the Amy Winehouse Foundation about substance abuse. This session explores a personal experience and again, advises students how to look after their well-being, and sign posts students to further advice and support.

PSHE Topics This Half-Term

Year 7 will explore a finance topic, in addition to a mental health and a physical health session.

Year 8 will be studying 'Digital Literacy', in particular online safety, grooming, online fraud and digital footprint.

Year 9 and Year 10 will be moving onto 'Careers'.

MENTAL HEALTH AND WELLBEING

Topic & Events this Half-Term

- Yoga
- School Diversity Week 20–24 June 2022

DIVERSITY WEEK



Diversity Week is a UK-wide celebration of LGBT+ equality in primary and secondary schools. It is a chance for schools to celebrate diverse families, learn about LGBT+ people and really celebrate diversity within their school community through inclusive lessons, assemblies and talks.

The Importance of Diversity Week

Educating children in diversity increases creativity, encourages open-mindedness and provides a wealth of opportunities. It lays down the foundations for an inclusive society that embraces differences.

What Happens in Diversity Week?

During diversity week students looked at diversity in many of their subjects. Spend time talking to your child about what they have learnt about and the importance as to why we celebrate diversity week.

Staff have also been wearing Rainbow Ribbons as they are a visible display of allyship with the LGBT+ community.

Just Like Us is the LGBT+ young people's charity - for more information visit www.justlikeus.org

Yoga

Yoga helps teenagers improve their physical fitness without focusing on their appearance. Plus, yoga offers incredible benefits to teenagers as they grow, including improved posture and spine health, flexibility, balance, strength and coordination. Additionally, it can have huge benefits for students mental health. It can help to reduce stress and anxiety. As we know high school can be a stressful period with both academic and personal challenges. Yoga, through breath and awareness, provides space to step back and regulate your response to stress in a calm and thoughtful manner.



On YouTube there is some brilliant yoga sessions that you can encourage your child to do or even have a go at doing as a family. One that we would recommend is Yoga by Adriene - <https://yogawithadriene.com/>

SELF CARE OVER SUMMER

For many children in the UK, the school break can be a hard time for their mental health.

1. Connect with friends or family

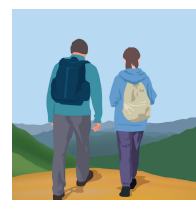
The NHS recommends connecting with people which is good for mental health. If children can't see their friends or family during the summer, the six weeks will feel like a lifetime. It's important that they stay connected with the people they love, and summer time is a great opportunity to do that.

2. Stay active

Staying active is fantastic for maintaining good mental health. It gets your endorphins going, boosts your mood and raises self-esteem. Try to aim for at least 20–30 minutes a day!

3. Get outside

Getting outside is scientifically proven to boost your mood. Kadra Abdinasir, of the Centre for Mental Health, told the BBC that "spending time outdoors and in nature has many benefits and can help boost our overall wellbeing and mental health. Whether it's a stroll in your local park, hiking or even birdwatching, being in nature can help improve our mood and help us feel more relaxed."



Mind also recommends getting outside to help with mental health problems like anxiety and depression. So, while it could be very easy for children to be glued to the sofa with no school to go to, the young carers in Liverpool recommend getting outside and spending time in the sunshine and fresh air. To them, it's an easy and effective element of self-care.

4. Art

Getting arty is super for young minds. It allows them to explore their creativity, helps them to relax, and is a perfect alternative to their screens. When immersed in an arty task, young people (and anyone, really) can reach a calm, meditative place, where they are distracted away from the worries of life.

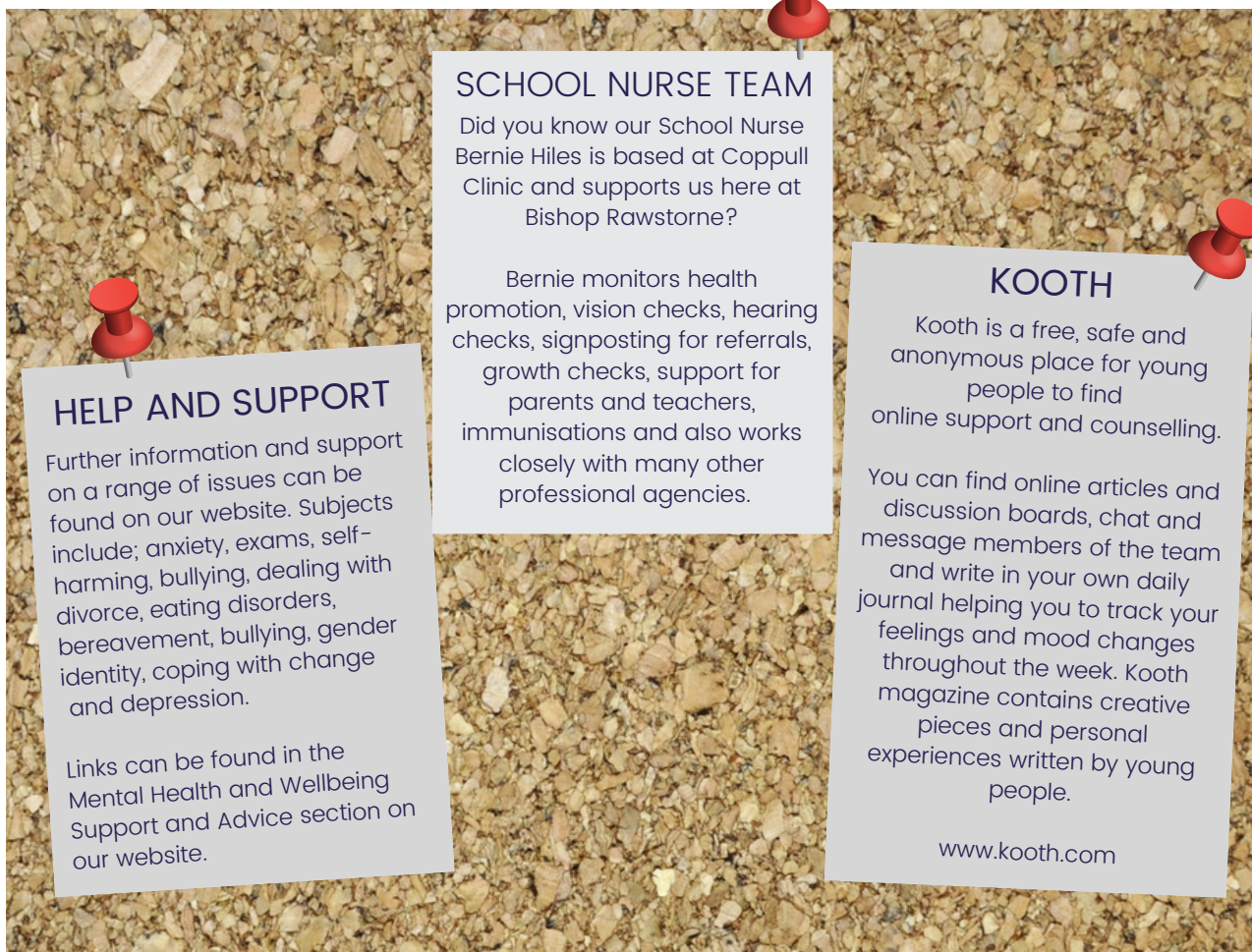
5. Get Cooking

Science and research tells us that young people with good cooking skills report a greater sense of mental well-being, and less symptoms of depression.



Scan the QR code for advice on how to create a self-care plan for young people, helping them to identify activities that they can do to support their mental health.

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

LGBT+
www.justlikeus.org

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.
