



**Bishop Rawstone Church of England Academy
PSHE, Mental Health and Wellbeing Newsletter
(Issue 3)**



January 2022

Dear Parent/Guardian,

We are delighted to bring you the next edition of the newsletter for PSHE, Mental Health and Wellbeing.

When will PSHE be delivered this Half Term?

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

Years 7, 8, 9 and 10 will have five one-hour PSHE sessions. The dates for these sessions for the first half of Spring Term are -

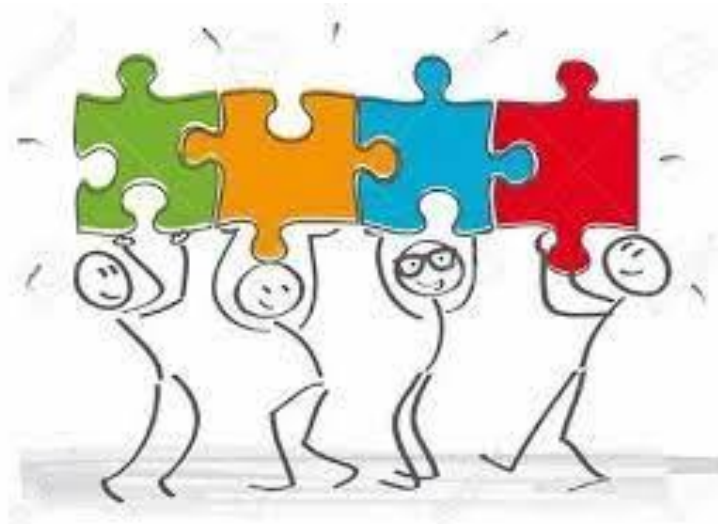
- Wednesday 5th January Period 1
- Wednesday 12th January Period 2
- Wednesday 19th January Period 3
- Wednesday 26th January Period 4
- Wednesday 2nd February Period 5

An In-Touch 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 to their usual classrooms. The session will be delivered by their usual class teacher, a specialist teacher or an outside agency.

Yours sincerely

Miss E. Palmer
SENCO/Mental Health Lead

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



What topics will be covered in PSHE?

During the first half of Spring Term all year groups will explore a 'Relationships' topic:

Year 7 – Positive Relationships and Diversity

Year 8 – Discrimination

Year 9 – Respectful Relationships (Including consent, sexting and domestic abuse)

Year 10 – Healthy Relationships (Including contraception, relationship break downs and the risks associated with viewing explicit online content)

Year 11 – Building for the Future, followed by Communication in Relationships

What external speakers and agencies will be delivering sessions?

Most sessions this half term will be delivered by class teachers. Y8 and Y9 will have a session delivered by the charity 'Just Like Us' who support young members of the LGBTQ+ Community and promote equality. Y9 and Y10 will take part in a workshop delivered by the Sophie Lancaster Foundation, who aim to 'Stamp out Prejudice, Hatred and Intolerance'. The charity has advised that the workshop is most effective when students don't know the story of Sophie Lancaster beforehand, but students will be made aware some content may be upsetting. Both the 'Just Like Us' session (who have previously visited Bishop Rawstorne) and the 'Sophie Lancaster' Workshop come highly recommended and we believe will provide excellent experiences for our students.

Mental Health and Wellbeing

What topics will be covered?

Self Care

Rest and Rewind

LGBTQ+

Children's Mental Health Week

Self Care

Students will look at how to create a self-care plan. They will look at what self care is and different ways to plan for self care. The four areas explored are:

Physical

Emotional

Social

Practical



If you would like to download a booklet for your child around creating a self-care plan please use the link below.

<https://www.annafreud.org/media/15030/my-self-care-plan-secondary.pdf>

Rest and Rewind

Channel 4 have done a series of 5 short animations. In this series of short animated films, MCs, rappers and lyricists share useful mental health advice for young people on topics including mindfulness and sleep.

LGBTQ+ History Month

The students are going to look at courage and in particular courageous LGBT women.

Children's Mental Health Week

Theme – Growing Together

The idea this year is to explore the theme of personal growth and the teenage brain. To emphasise that we are always growing – even when it doesn't seem like it. To make the connection between growth, good mental health and the importance of sleep.



Please see a video that the students will be watching that explains brain development in teenagers.
<https://www.youtube.com/watch?v=dISmdb5zfiQ>

Support and Advice

Our school website has a section for parents within there is a Mental Health and Wellbeing area in which you can access a wealth of resources around different areas of mental health and wellbeing. Additionally, it will provide you with places to access support. Our school website now has a student area, please take time to explore this area with your child, not only does it have a wealth of wellbeing support it also has a section on exam prep and revision, careers and reading. Our school website also has a student area, please take time to explore this area with your child, not only does it have a wealth of wellbeing support it also has a section on exam prep and revision, careers and reading.

What events are taking place this half term?

February is LGBTQ+ History Month

7th – 13th February is Children's Mental Health Week