



**Bishop Rawstone Church of England Academy
PSHE, Mental Health and Wellbeing Newsletter
(Issue 2)**



November 2021

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 second half of Autumn Term are -

Tuesday 2nd November Period 1

Tuesday 9th November Period 2

Tuesday 16th November Period 3

Tuesday 23rd November Period 4

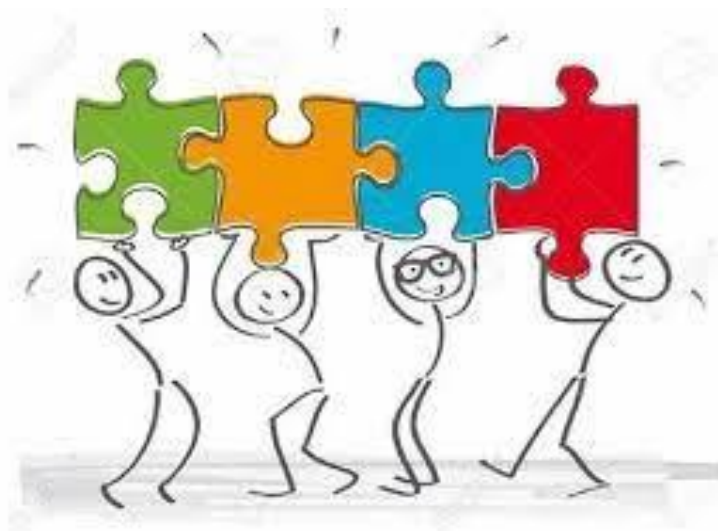
Tuesday 30th November Period 5

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 second half of Autumn Term all year groups will explore a 'Living in the Wider World' topic:

- Year 7 – Developing skills and aspirations
- Year 8 – Community and careers
- Year 9 – Setting goals
- Year 10 – Financial decision making
- Year 11 – Next steps

What external speakers and agencies will be delivering sessions?

Most sessions this half term will be delivered by class teachers. However, all year groups will receive a 'Careers'



presentation by Mr Almond and Year 10 will take part in a workshop on the risks of online gambling and gambling addiction presented by the organisation 'Epic Risk Management'.

Mental Health and Wellbeing

What topics will be covered?

- Coping with Stress
- Kindness
- Anti-Bullying Week
- Healthy and Unhealthy Relationships
- Body Image
- Self-care

Coping with Exam Stress

As Year 11 start their mocks, it may be that your child needs support to cope with the pressure this may bring. Young Minds is an excellent website to help support students through this time. They also have resources for parents to help support their child, this can be found here. <https://www.youngminds.org.uk/parent/a-z-guide/exam-time/>



Anti-bullying Week

The theme for 2021 is 'One Kind Word'. Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. This is one

of the reasons, that 'One Kind Word' has been chosen as the theme of Anti-Bullying Week taking place from Monday, 15 November to Friday, 19 November 2021.



Support and Advice

Our school website has a section for parents within which there is a Mental Health and Wellbeing area where 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.

World Kindness Day - Saturday, 13 November 2021

Anti-bullying Week - Monday, 15 November to Friday, 19 November 2021

