



**Bishop Rawstone Church of England Academy  
PSHE, Mental Health and Wellbeing Newsletter  
(Issue 1)**



September 2021

Dear Parent/Guardian,

The way we deliver PSHE at Bishop Rawstone CofE Academy is changing. The students will have a tutor time each week focussed on supporting their mental health and wellbeing. In order to support our students holistically, we will send a newsletter out each half term, so that you are aware of what will be covered and also signpost you to resources that you can access at home.

When and how will PSHE be delivered?

From September 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 per half term. The dates for these sessions for the first half of Autumn Term are -

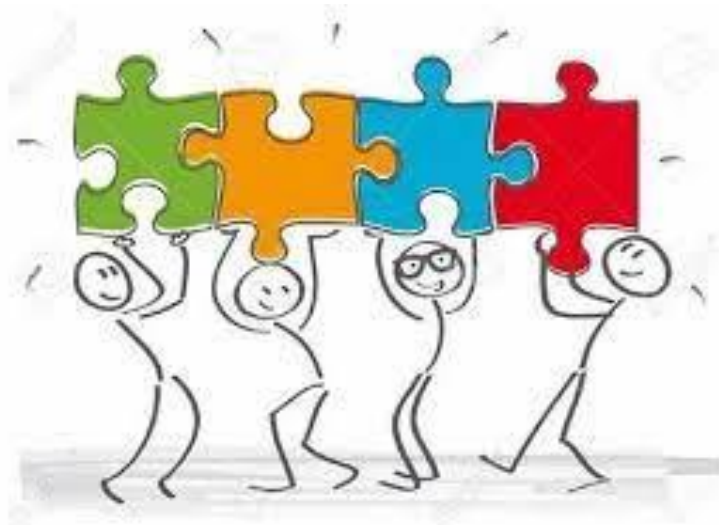
- Monday 6 September Period 1
- Monday 13 September Period 2
- Monday 20 September Period 3
- Monday 27 September Period 4
- Monday 4 October Period 5

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 Autumn Term all year groups will explore a Health and Well-Being topic:

Year 7 – Transition and Personal Safety

Year 8 – An Introduction to Alcohol and Drugs Education

Year 9 – Peer Influence, Substance Use and Gangs

Year 10 – Mental Health and Well Being

Year 11 – Transition and Personal Safety (including Relationships and Sex Education and Alcohol and Drug Awareness)

### What external speakers and agencies will be delivering sessions?

We have a variety of external speakers and agencies booked to deliver sessions this half term. Year 7 will receive a First Aid Session delivered by the British Red Cross.



They will also watch a Road Safety Performance called 'Streetwise', organised by Lancashire County Council.

Year 11 will take part in a 'Wasted Lives' presentation focused on Driving Awareness and Safety delivered by Lancashire Fire and Rescue service. Year 11 will also watch a presentation delivered by a Careers Advisor in preparation for their one to one Careers Interviews.



### Black History Month

October is Black History Month and there will be a number of activities running throughout the curriculum to celebrate this.

### Mental Health and Wellbeing

Everyone has mental health, just like we have physical health. Mental health is about the way we think and feel and our ability to deal with ups and downs. Sometimes it can feel like we don't have any control over what we think or how we feel but by making simple changes to our lives, we can make a real difference to our mental health. Feeling good is worth investing in - and the best thing is that these simple tips won't cost you much time or money.

Discussing mental health with your child is really important, there is too often a stigma around mental health, however an open conversation about thoughts and feelings is a good place to start.

### What topics will be covered?

Year 7 will look at transition to secondary school, getting used to a new environment, new ways of working, anxiety about making new friends and stress around increased workload.

All years will look at the emphasis of the importance of seeking support, discrimination, tolerance and similarities and differences. As well as mental health awareness and self-care strategies.

### 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.

### Digital Healthy Schools

Digital health is revolutionising health and care services,



forming a crucial step on the road to care that is more efficient and patient-centred than today. But, with hundreds of thousands of apps available, and 85% falling below quality thresholds, health and care professionals require tools to find the right digital solutions for their patients' and service users' needs. **Developed by clinicians, ORCHA's AppFinder gives you unlimited access to thousands of independent app reviews across all health conditions**, each of which includes a breakdown of key assessment criteria relating to Clinical Assurance, Data Privacy and User Experience.

Click the link below to access.

<https://bishopr-lancs.digitalhealthyschools.co.uk/>

### What events are taking place this half term?

During September we will be recognising Sexual Health Week (13<sup>th</sup> – 19<sup>th</sup>). The national focus is on the importance of consent.

World Mental Health Day is 10 October. This year's theme is Mental Health in an Unequal World.

National Coming Out Day is 11 October, focussing on acceptance, empathy and safe spaces.

