



PERSONAL DEVELOPMENT NEWS

Nothing but the best

12th May 23



This week, our Year 10s have been out on work experience and, as expected, they have been great, staff have been making calls to their employees for the week and the feedback has been fantastic, well done Year 10. The theme of the week has been Mental Health Awareness Week and, although it is great to shine a spotlight on and focus on this important topic, we do already discuss it often within school. This is because it is so important to us that the young people within our care feel they can have open and honest discussions about their mental health.



THIS WEEK'S BIG EVENT: MENTAL HEALTH AWARENESS

Community
Centred



Inclusive



Mrs Brook led assemblies this week and passionately spoke to students about how important it is that we recognise when we are struggling with our mental health. Changes in emotions are normal but if there are times it feels like this has become a mental health issue, just as we would seek help for our physical health we must also look for support with our mental health.

In some cases this might just be speaking to someone about how we feel. During the assembly students were reminded about the importance of checking in that friends and family are okay and speaking up when they themselves are not. As a parent/guardian you can support this by regularly asking your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen.

In assembly and during tutor time they have also explored how important it is to protect mental health by building positive routines. Students need to try to have structure with regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so they should have a fixed time for going to bed and getting up. As they get older they may push boundaries with all of these routines, but continue to need parental guidance to make good decisions.

A great website to visit is <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/> to find out more ways you can support your child's mental health.

WHOLE SCHOOL WALK: WALKING TO BOOST MENTAL HEALTH:



Physical activity has a huge potential to enhance our well-being. Even a short burst of 10 minutes of brisk walking increases our mental alertness, energy and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. When the weather improves we like to try and use some tutor times to walk together, we did a whole school walk this morning and it was a great start to the day.

Important upcoming events

Theme w/c 15th May:
International Day of Families
15th May - GCSEs begin- Good luck year 11!



SUNFLOWER COMPETITION



Today a member of each tutor group was nominated to have hot chocolate with Mr Lewis in recognition of kindness shown. They each planted a sunflower seed and every tutor group will now compete to see if their sunflower can grow bigger than Mr Lewis' sunflower. We will keep you updated!