

Wellbeing Newsletter



RSHE
Relationship Sex & Health Education



MY VOICE MATTERS!

Feb 2024

Initiative One

'I wish my teacher knew' is being trialed by a number of staff around the school. This allows students the opportunity to share with their teachers anything that might be on their mind, relating to the particular lesson or general wellbeing. This has already seen excellent results in some classes, where teachers have been able to offer much needed support to their pupils.

Feb 2024 saw the school celebrate **Children's Mental Health Week** and the theme 'My Voice Matters'. This was acknowledged through school wide assemblies and the launching of a number of initiatives. The aim of these; to increase student voice in school.

Initiative Two



Pupils have been invited to apply to be a **Student Health Champion**; working alongside our Staff Team. We have already had a host of applications; we will be meeting up soon!

All about...



Charlotte Retter



Ellie Richards



Emma Jeffery

As a team we can provide focused group intervention, 1:1 support and signposting to external support agencies.

We use a whole school approach to identify and support students who may be experiencing difficulties and provide coping strategies to minimise barriers to their learning.

RSHE / Student Support Competition

All students from each year group took part in our annual competition, producing informative design work based on important topics such as mental health, drugs and vaping. Winners have been chosen and will be shared on social media shortly! Each will receive £10 Amazon voucher!

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REMEMBER

Student Wellbeing

Some of the ways we can help support you

Breakfast Club Plan B Free Fruit



Working in collaboration with MCKS

A reminder about our Breakfast Club which runs everyday from 8.15am. More grab and go options are now available for those students arriving by bus.

Plan B lockers - We have recently had another delivery of sanitary items so all our lockers have all been restocked. All students have access to these. Please come and take any items that you need. Thank you to our Plan B student leaders for helping distribute these.

It was Time to Talk Day on Thursday 1 February 2024: a time for all of us to be more open about mental health and share how we really feel.

#TimetoTalk



Often it's very difficult to find a time to get a break and have a chat with colleagues.

On Time to Talk day the Health Champions ran a picnic lunch and board games in the staff room to encourage everyone to take a break and chat with each other.



All about... Staff Stars



For staff wellbeing we offer Staff the chance to 'shout out' to colleagues who have been kind, done a great job, or have just been overall awesome! A nomination gets you a happy good bag.

Miss Worden- Being so amazing with science KS3 intervention.

Miss Coombes- For taking such good care of the science department.

Miss Bennets - For doing such a great job.

Miss Edwards, Mr Parker and Mr Lane for being a great ECT team.