# U) ellbeing Newsletter





All about...

Student Support

identify and support students who may

be experiencing difficulties and provide

coping strategies to minimise barriers to

their learning.



## 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.

Projects

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!

### **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!



# Wellbeing Newsletter





REN SEA

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.

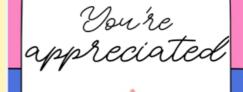
Miss Worden-Being so amazing with science KS3 intervention.

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.

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.