

Wellbeing Newsletter



June 2024



DIVERSITY WEEK

24th - 28th June

Diversity Week is an important annual event at Wadebridge School celebrated through:

- Whole School Diversity Door Competition
- Rainbow Friday (28th) - wear rainbow socks and/or rainbow flag on your cheek to show your support for Diversity



All about...EPR?

KS3:

Within Year 7 students are going to be looking at practices from Muslim culture and religion, focusing on what it means to be a Muslim in Britain, Islamophobia and the importance of challenging stereotypical views. They will spend a lesson looking at how Islam is represented in the media and will be given the opportunity to discuss the consequences of some of these representations.

KS4:

This term in Year 10 EPR we have been looking at the topic of Human Rights & Social Justice. Students have explored issues relating to Human Rights around the world, where people are persecuted for their gender, religion or sexuality. Students have also spent time looking at prejudice and discrimination particularly racism, homophobia and sexism and have discussed case studies such as Mahsa Amini and the Qatar World Cup.

Mental Health First Aider

MHFA England

Next courses:
23rd and 24th Oct
and
12th and 13th Dec

Email for your place!

hpearson@wadebridge.cornwall.sch.uk

Staff Get together

Staff can enjoy complimentary break and lunchtime snacks courtesy of our Staff Health Champions on Wednesday 26th with a free gift to all staff to celebrate our Diversity!

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In June, a group of staff and students spoke to an external professional regarding our journey to become a Rights Respecting School. We are **so pleased to announce that we were awarded the Silver Award** so we are making fantastic strides towards becoming a Gold Award Rights Respecting School. Thank you to everyone involved- **the professional was so impressed by our young people.** They represented the school so well!



Additionally, as a school, **we are running a General Election** alongside the national election. **All students will vote on the 4th July for the best party to lead the country.** This is a great opportunity to **explore the diverse views of young people and listen to them respectfully** (articles 12 and 13) and also thinking of how the parties promises link to their rights. For example article 27- adequate standard of living, article 22- refugee children and article 24- health services. How will our school vote compare to the National vote?



All about...

Miss Bassett's travels around the world...



Travelling the world has always been a passion of mine. My travelling experiences have been vast and varied – from visiting Ushuaia (the southern-most city in the world)...to camping with tribes in Swaziland...to working in turtle hatcheries in Sri Lanka... to hiking in the Amazon Rainforest...and to literally wandering with Shaman in outer Mongolia! Wherever possible, I have done homestays and taken part in volunteering projects; I believe that this is the best way to fully immerse yourself in the amazingly different cultures of the world.

My experiences have undoubtedly impacted my teaching. Over the years whole topics have been based around my travels. For example, the EPR department ran a project on Mother Teresa after I volunteered in one her orphanages in Calcutta, India. Also, we added lessons on conservation of orangutans after I completed a two-month tree-planting project to help save the orangutans in Borneo, Malaysia. More generally the first-hand experience of the world religions that I have encountered on my travels has deepened my knowledge of these, which has undoubtedly enhanced my teaching of them. I hope that in a small way, at least some students, have been inspired by these experiences.

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.

Recent Staff Nominations:

Sam Hebburn - For doing a great job!
Sam Stevenson - For being supportive to all members of staff

Menopause Awareness - What are we doing in school?

A menopause section has now been added to the staff wellbeing policy and there now an area of the staffroom where you will be able to find information and resources. Look out for our tip of the week!

Monday 17th June: We are offering the first menopause tea and chat session in the wellbeing slot to give staff the opportunity to share concerns or experiences and offer mutual support. This is open to all staff, so come along to the staffroom at 3pm. We are hoping to get some workshops arranged for next year to offer support with managing symptoms.

Menopause Digital resources

<https://menopausesupport.co.uk>
www.menopausematters.co.uk
<https://www.balance-menopause.com/>

