

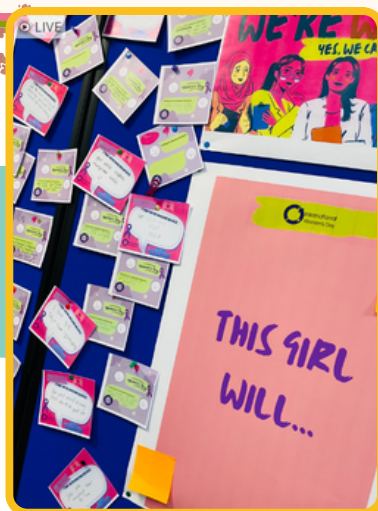
Wellbeing Newsletter



≡ International Women's Day ≡



March 2024



We acknowledged and celebrated International Women's Day this year in a variety of ways. Pin badges, purple ribbons and power ballads all marked the day. We also invited everyone to write a postcard to a friend or colleague, celebrating their 'awesomeness'! The amount of positive notes on display says it all. It was a great success! :)



The menopause is a natural stage in life that can be a difficult and stressful time for those experiencing it and for people close to them. It is important for employers to understand the challenges this time in life might present and support all people equally. Creating a positive and open environment between an employer and someone affected by the menopause can help prevent the person from:

- losing confidence in their skills and abilities
- feeling like they need to take time off work and hide the reasons for it
- having increased mental health problems such as stress, anxiety and depression
- leaving their job

We are working on our Menopause Support here at Wadebridge. If you have any great ideas, please let us know!

Women's Health & Wellbeing



Menopause - Women's monthly group meetings at the Betjeman Centre, first Tuesday of each month, room 1, 7 to 8pm.



All about... Wadebridge Women Leaders



Jayne Williams

I am CAL of science, teach science, responsible for the curriculum, delivery of the curriculum and behaviour of all pupils in science, seconded currently to SLT, line manage other departments, support with on call during lessons and tutor support for Y7. Before joining Wadebridge School I was Head of Science at another local school and before I trained to be a teacher I worked as a test engineer for a membrane filtration company based in Swansea. I trained to be teacher in 2000, after leaving my earlier career it is the best decision I have ever made.



Alice Elliott

My role at Wadebridge school is KS4 leader, and I also teach maths and RSHE. Day-to-day I am leading the KS4 pastoral team and supporting the students in Years 9-11 in their endeavours. I trained as a teacher in the East Midlands as part of the Teach First Programme 10 years ago, then moved onto a school in West London as Head of Year 8 and 9. I started teaching in Cornwall as House Leader in Camborne, then became the Director of Year 7 and 8 before moving to Wadebridge School.



Wellbeing Newsletter



Wadebridge School was awarded the Bronze Award for Rights Respecting Schools in September 2023. We are now aiming for Silver! As part of this journey young people at Wadebridge School are being introduced to the Rights of the Child- rights that anyone under the age of 18 are entitled to. Follow the QR code to read more about these rights.

Fancy a challenge?

Can you make links to these rights in your talks with your young people?
What can they do to make sure all children have these rights?



This is to certify that:

Wadebridge School

has demonstrated outstanding commitment to improvement in Physical Education, School Sport and Physical Activity for the Quality Mark Award with Distinction

Valid Until: 30th March 2026

Sue Wilkinson

Sue Wilkinson MBE
afPE Chief Executive Officer

Congratulations to the PE department for achieving the Physical Education Quality Mark with a Distinction. A huge amount of work goes into achieving these excellent standards.



Wadebridge Women Leaders

Nicki Murphy



I have been the Pastoral Support Partner for Key Stage 3 for the last 2 years and previously was the Attendance Officer for Wadebridge School, I have worked here for almost 18 years. Before this I have been a Personal Assistant to company directors in London and also a Bluecoat at a holiday park in Blackpool.

In my spare time I currently run a dance fitness class for adults and am also the Choreographer for St Blazey Amateur Operatic Society and Bodmin Musical Theatre Group.

All about... Staff Stars

You're appreciated



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:

Emma Battle :For seeing the positive in everyone

Kaydy Edwards, Jon Parker and

Morgan Lane:

For an amazing science week!

Natalie Ross - Great PP support in lessons

Penny Luck -Being a great support to pupils,

Mental Health First Aider

MHFA England

**Next course:
16th and 17th May**

After this week almost 150 current members of staff and 50 parents will have completed MHFA



Year 11 Students in RSHE lessons have been learning how to check for breast cancer and the importance of getting regular smear tests to protect themselves against cervical cancer. We have also learnt about testicular and prostate cancer and how to check and spot symptoms of these cancers.