

FEBRUARY 2023



Wellbeing Award for Schools

Update



# Children's Mental Health Week

Each year we celebrate and acknowledge Children's Mental Health Week.

This year we will be completing a series of form time activities and setting a school wide competition celebrating community & friendship.

Odd socks day marks the end of the week.

Join in here <https://www.childrensmentalhealthweek.org.uk/families/#resources>



ODD SOCKS DAY – Friday 10<sup>th</sup> February

## Community & Friendships Competition

**Celebrate your Friendships and/or Community in a Video / Artwork / Photograph**

Submission deadline: Monday 27<sup>th</sup> February

Entries to: [hpearson@wadebridge.cornwall.sch.uk](mailto:hpearson@wadebridge.cornwall.sch.uk)

Entries could include:

Team photos / Action photos of team sports / Images representing friendship / Community groups / Wadebridge / Art work celebrating friends / Videos of any of the above...

**#OnMyMind: Better mental health for every child**

*Every child deserves to grow up in loving, nurturing and safe environments.*

UNICEF



THE UN CONVENTION ON THE RIGHTS OF THE CHILD



This week all pupils have received an assembly on the UN Convention of the Rights of the Child. Find out more <https://www.unicef.org/child-rights-convention>

unicef also champion a mental health project, #OnMyMind which works towards better mental health for all children. Click the video link to see useful resources for parents and carers.

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# Information for Parents

In response to the feedback received in the Parent/Carer questionnaire, we are offering **Wellbeing Sessions for Parents/Carers**. These sessions will be delivered by Sion Williams (Deputy Head, Senior Mental Health Lead) and Helen Pearson (Curriculum Area Leader RSHE, Senior Mental Health Lead).

## Wellbeing Sessions

When? **Thursday 23<sup>rd</sup> March /**  
**Thursday 30<sup>th</sup> March**  
6.00pm-6.45pm  
Wadebridge School Hall

Session aims:

- Learn more about what and how we teach in school about Wellbeing
- Provide practical techniques that can be used to improve Wellbeing in young people and adults alike.

YES! I  
would like  
to attend!

Click the link to tell us which date you would like to attend.

We look forward to seeing you there.

## Role Models

In recent months schools nationwide have been addressing concerns regarding online influencers, with mass followings, expressing misogynist views and delivering hate speech. Andrew Tate is an example of a well-known figure, popular amongst young people online, who has recently gained media attention for being affiliated with such views.

As part of our RSHE curriculum we discuss and address extremist views, as well as celebrating difference and questioning stereotypes. As a school we aim to teach our pupils to steer away from hateful or extremist content.

In direct response to concerns about the influence of Andrew Tate we have delivered lessons on identifying positive and negative role models and have provided our pupils with figures they should be looking to for inspiration.

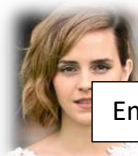
As a parent/carer please take the time to consider who your young person looks up to. Do they have strong positive role models? Here are some ideas with links...



Billy Monger



Marcus Rashford



Emma Watson

For any questions about any of the content appearing on this newsletter, please contact:

[hpearson@wadebridge.cornwall.sch.uk](mailto:hpearson@wadebridge.cornwall.sch.uk)