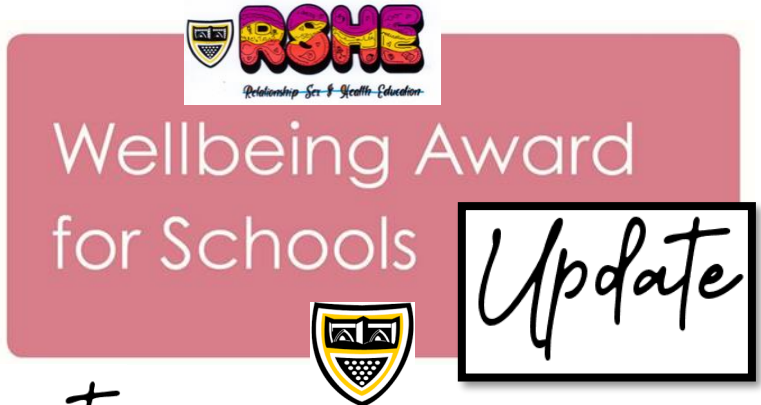


APRIL 2023



## Information for Parents

In response to the Parent/Carer Wellbeing questionnaire, we offered two evening **Wellbeing Sessions for Parents/Carers**. These sessions were delivered by Sion Williams (Deputy Head, Senior Mental Health Lead) and Helen Pearson (Curriculum Area Leader RSHE, Senior Mental Health Lead).

These sessions were attended by a small number of parents and we all found them very useful! The feedback has been incredibly positive, with parents appreciating the opportunity to have personal contact with school staff and ask questions. A number of outcomes were achieved:

## Wellbeing Sessions

### The session content included:

Overview of RSHE curriculum and specifically the Wellbeing/Mental Health content

Safeguarding pupils in RSHE through the use of RSHE 'Safe Sheet'

The waves of support offered in School

Signs and symptoms of poor Wellbeing

5 ways to Wellbeing; for young people and adults

*"It was extremely informative and interesting to find out what our children are learning at school and their mental health and wellbeing is looked after with these RHSE lessons"*

### Session Outcomes



- The 2-day MHFA Youth course has been offered to the attendees of the session for free. (normally £300) *Parents have signed up and will be completing this in the coming months.*

<https://mhfaengland.org/individuals/youth/online-youth-mental-health-first-aid/>

- Lack of information about the use of A3 was identified as a concern. *We will look to improve this communication.*

Find more information about A3 here:  
<https://www.wadebridge.cornwall.sch.uk/students/student-mental-health-and-wellbeing/a3-alternative-provision>

- Parents enjoyed the opportunity to learn more about the RSHE curriculum, but would like to know more about lesson content so they can prepare their young person. *Further content will be added to our webpage.*

<https://www.wadebridge.cornwall.sch.uk/curriculum/subjects/rshe>

- Parents appreciated the use of the RSHE 'Safe Sheet' and felt this could also be issued to parents to allow for the communication of any concerns. *This will be sent out via class charts in the coming weeks.* See a 'Safe Sheet' example on the next page.

The 'Safe Sheets' were set via Class Charts at the start of the year for each pupil. Every year group has one individual to the topics they learn. This information is then used by the RSHE class teacher to support the child within the lesson. From feedback at the Wellbeing Session, a parent version will be designed and sent via class charts.

# RSHE Safe Sheet

## Year 7 TOPICS



This information will not be shared outside of your class teacher unless necessary for safeguarding purposes.

Name: \_\_\_\_\_ Form: \_\_\_\_\_

Topic	How concerned are you about taking part in lessons about this topic?		
	Very Concerned	Slightly Concerned	Not Concerned
Wellbeing / Physical Health/ Yoga			
Goal Setting			
Self esteem /friendships			
First Aid			
Identity/ LGBTQ+/Diversity			
Equality / Disability Awareness			
Puberty			
FGM (Female Genital Mutilation)			
Unhealthy relationships			
Relationships			
Consent			

If you have answered 'concerned', do you currently receive any support around this topic from school?

What further support would you benefit from?



Are there any topics you want to learn about that aren't included here?

Learn more about the RSHE Curriculum on our webpage: <https://www.wadebridge.cornwall.sch.uk/curriculum/subjects/rshe>

# Information for Parents

Last week Year 11 pupils received lessons focussed on discrimination, the equality act of 2010 and a recent Government campaign to stem violence against women. We work to develop a positive community within our school and wider society by challenging pupils to consider difficult topics within RSHE lessons.

A snippet of the lesson is shown below:

'ENOUGH'

### The 'Enough' Campaign

In March 2022, The Home Secretary launched an ambitious new, multi-year national communications campaign which says 'Enough' to violence against women and girls.

**Why do you think the government did this? What do you think it was in response to?**

The aim of the campaign is to challenge perpetrators and raise awareness of what we can all do to safely call out abuse.

The campaign includes television adverts, billboards, social media and radio advertising and highlights different forms of violence against women and girls and the simple acts that anyone can take to challenge perpetrators of abuse. Forms of violence against women and girls (VAWG) represented include street harassment, coercive control, unwanted touching, workplace harassment, revenge-porn and cyber-flashing.

Talk to your young person about equality and discrimination. What are their views? Why do they think this?

DISCRIMINATION

### Gender Double Standards

Study the images opposite

- THINK
- PAIR
- SHARE

-What are the 'rules' (standards) conveyed by these images?

**Man Up!**

**You lost to a girl?!**

PLENARY

### PLENARY

1. How do gender double standards have an impact on society?
2. What does true equality mean to you? Which double standards would have to be erased from our society?
3. How can we challenge violence and harassment against people in our community?
4. Why is it important to stand up for others if you witness any kind of sexual violence happen?
5. What is victim-blaming and why does it happen?

Any questions about any of the content of this newsletter, please email [hpearson@wadebridge.cornwall.sch.uk](mailto:hpearson@wadebridge.cornwall.sch.uk)