



PSHE, Mental Health and Wellbeing at Bishops

Issue No. 17 | April 2024



We are delighted to bring you the latest edition of our half-termly newsletter - keeping you updated with the PSHE, mental health and wellbeing topics students will be studying during the first half of the Summer term.

If you have any queries, or wish to discuss anything further, please let us know.

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PERSONAL, SOCIAL, HEALTH, ECONOMIC (PSHE)

PSHE Dates this Half Term

The dates for the first half of the Summer Term are:

Monday 15 April	Period 1
Monday 22 April	Period 2
Monday 29 April	Period 3
Monday 13 May	Period 4
Monday 20 May	Period 5

Apart from one remaining workshop, Year 11 will no longer be taking part in PSHE lessons and will be utilising their PSHE lesson time every Monday for independent study and revision. It is imperative that all students arrive to the lesson with revision materials and resources. It is also important that all students work well in these sessions and respect other students during this critical time in the lead up to the GCSE examinations.

A reminder message will be sent home on the Friday before each session. Please ensure students bring their PSHE (pink) exercise books to school ready for the session. Students should follow their timetable as normal and arrive at their usual classrooms.

External Speakers Involved

PSHE sessions will be delivered by their usual class teacher, a specialist teacher or an outside agency as follows:

- Year 7 will take part in a 'Natural Highs' workshop delivered by singer/song writer David Graham. This is funded by Lancashire Constabulary, Lancashire Police and Crime Commissioner, Lancashire Partnership Against Crime, and Chorley Council, and aims to encourage young people to make good choices and live healthy lifestyles, avoiding seeking out 'fake highs' and anti-social behaviour.
- Year 8 will continue to take part in sessions ran by Lancashire Police. The first one is called 'Captured' and focuses on the risks involved with 'sexting' or sending nude or explicit images. The second session 'Crossing the Line' warns students of 'County Lines' and the risks involved. Year 8 will also receive a presentation from 'Just Like Us', an LGBT+ charity.

- Year 10 are set to receive a 'Community Champion' presentation from The Royal Voluntary Service.
- Year 11 will have their last ever PSHE workshop delivered by 'CoppaFeel' Breast Cancer Awareness Charity, who will raise awareness of cancer in young people and the importance of self-checking.



PSHE Topics This Half-Term

During the first half of Summer Term, years 7-9 will explore a 'Relationships' topic. Year 10 will study a 'Wider World' Topic.

YEAR 7	YEAR 8	YEAR 9	YEAR 10
Building Positive Relationships (including sessions on self-esteem, good friendships, safe relationships, boundaries, consent, and romance).	Identity and Relationships (including an introduction to sex education (including STI's and contraception) and sessions on consent and safe relationships).	Intimate Relationships (Including sessions on consent, contraception, STI's and Teen Pregnancy).	Wider World (Including sessions on British Values, Multiculturalism, Fake News, Extremism and Radicalisation).

Worship Themes This Half-Term

During this summer term we welcome warmer, calmer and brighter weather. We also welcome the light that Jesus bring into our lives as well as the fundamental teaching of Christ that add depth, richness and wellness to our lives. As a school we look to the Biblical teaching of God to help us to grow our character, resilience and his presence in our lives.



Over the course of the first half term of summer we look at our school's Christian values of Hope, Compassion, Peace and Fellowship. We use these as focus for our worship so we might promote 'Rootedness' for all the members of our school community. In a world that often celebrates extrinsic traits such as our confidence, charisma, clothing and money – the Christian life is a walk with Christ in developing or intrinsic qualities and the values exemplified in Jesus.



We want our staff, students and all stakeholders to value qualities that give deep roots of character. We pray this term that be wise in or decisions, generous with our compassion, warm to all of those who need friendship giving hope to all the people and situations that we encounter. Amen.



WELLBEING AT BISHOPS

Wellbeing tips during Year 11 Exams

With exams just round the corner we recognise the pressure that our Year 11 students are under and the many anxieties that they may be facing. In order to support their wellbeing, we have put together the following tips which we hope will be useful, and which are also applicable for all students throughout their school lives and beyond.

Eat healthily and drink regularly

Our brains use up lots of energy when we are concentrating and studying. Eating a healthy diet and eating and drinking regularly helps to stop our body producing stress chemicals and keeps our brain functioning efficiently. Remember to avoid caffeine 4-6 hours before bed - sources of caffeine include tea, coffee, chocolate, energy drinks, some fizzy drinks sweets and ice cream and even some medications.

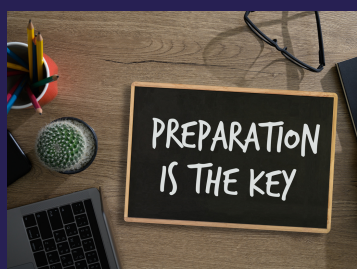


Exercise to reduce stress and help concentration

Stress chemicals can be kept at bay by physical movement, which also produces endorphins to help us feel good. Even just a quick walk to raise the heart rate can be beneficial, particularly during study breaks where exercise can aid problem solving, and improve information processing and concentration. If you are able to exercise outside this is even better as it helps regulate our internal body clock aiding sleep. Many people find breathing exercises and mindfulness meditation or yoga useful too in managing anxiety and stress.

Aim for 9 hours sleep a night

Many people struggle with sleep during periods of stress and exam time is no different. Try to avoid technology (or put them into night mode) for one hour before going to sleep and remove the distraction of phones as the blue light in screens can negatively affect sleep patterns. A mug of hot milk can also be worth a try to help us feel relaxed and more sleepy. The NHS recommends 9 hours of sleep per night for 15/16 year olds - tiredness can increase the stress hormones in our body and less sleep can affect the Rapid Eye Movement (REM) sleep which is important for learning and memory.



Preparation is key

Find a study space that works, set realistic goals by topic and make use of the resources provided to help you create a revision plan tailored to you. The Exam Prep & Revision section under the Student Area of our website has a copy of the exam timetable and lots of information to help support you in your revision: <https://bishopr.co.uk/student-area/exam-prep-revision>.



Think positively and keep things simple

When we start to feel overwhelmed it is easy to lose focus on the task at hand and struggle with our feelings. Where possible, try to focus on what you can control rather than what you can't, for example, you have no control over the questions on a paper but you can control how much effort you put in or how calm/focused you can be in the exam itself. Rating how you feel on a scale of 1-10 (where 10=really stressed and 1=not stressed) can help to identify how you are feeling. Breaking tasks down into smaller, more manageable chunks can help you to move one point at a time down on the scale.

Don't forget the fun things too!

Whilst studying you might have less time for yourself and to do all your usual activities. Don't forget this is only temporary and you don't need to stop all the fun completely! Keep a bit of time aside to do some of the things that you enjoy too, reward yourself and make time to relax with friends and family which is important for your wellbeing.



Seek support if needed

Don't forget to look after yourself and notice how you are thinking and feeling and if things suddenly change seek help or talk to someone. It takes courage to acknowledge you are not coping and tell someone - whether it be your friends, family or support online or in person from various organisations and charities. If you have concerns about yourself or a friend please tell your tutor, Head of Year or contact Learning Support and we will do our best to provide the necessary support.

Further help

More resources and articles which you might find useful:

- Pearson Exam Stress and Wellbeing - <https://www.pearson.com/uk/educators/schools/issues/working-together-to-build-healthy-and-happy-schools/exam-stress-and-wellbeing.html>
- University of Oxford Exam wellbeing and Preparation - <https://www.ox.ac.uk/students/academic/exams/wellbeing>
- University of York Exam Wellbeing Tips - <https://blogs.york.ac.uk/student-voices/2021/12/20/10-tips-to-look-after-your-wellbeing-during-exam-season/>
- University of Bath Wellbeing During Exams - <https://blogs.bath.ac.uk/students/2022/02/02/a-guide-to-wellbeing-during-exams/>

Mindfulness Sleep Apps:

Conscious
Smiling Mind
Headspace
Calm.com
Breathr
Pzizz Sleep
Nature Sounds
Proactive Sleep Alarm
Clock
BetterSleep

Useful Websites:

www.anxietyuk.org.uk
www.mind.org.uk
www.nopanic.org.uk
www.samaritans.org.uk
www.youngminds.org.uk
www.rethink.org
www.themix.org.uk
www.sane.org.uk
www.childline.org.uk
www.elefriends.org.uk
www.papyrus-uk.org

Helplines:

Samaritans - 116 123 (24 hrs)
Mind Infoline - 0300 123 3393 (9am-6pm, Mon-Fri)
Saneline - 0300 304 7000 (4pm-10pm every day)
The Mix (age 11-25yrs) - 0808 808 4994 (4pm-11pm)
Childline - 0800 1111 (24 hrs)
Papyrus - 0800 068 414 (9am-Midnight every day)

5 Tips for Promoting a Sense of Calm during Revision

An organised and mindful approach to revision will help ease the stress that comes with the exam period. Our tips below are designed to help your students create a calm revision space around them...

1

Include extra-curricular events in revision timetables

Encourage students to include extra-curricular activities, family commitments and other important tasks in their revision timetables. This will help them to manage their time and juggle any other commitments. Breaking up long revision periods with other events will also help make the exam period seem less daunting overall.

2

Introduce 'social media detoxes'

With technology and social media such a major part of our lives, and often a source of stress or anxiety for a lot of people, it's a good idea to introduce a social media detox during revision periods. Encourage students to switch off their phones, or move them to another room, during timetabled revision sessions. It'll help remove the temptation of distraction and focus their minds.

3

'Little and often' beats cramming

Short, regular revision sessions are far more effective than spending hours trying to cram. By allocating 15-minute blocks to a particular topic or subject, students will be better engaged and motivated. This is especially effective when learning lists, e.g. French vocabulary or scientific definitions.

4

Positive reflection

It really helps to think about how successful each revision session was. At the end of each session, encourage students to list five things they've learnt, three things they'll confidently remember and three things that they're still unsure about. When they return to their notes for further revision, they can focus on filling in the knowledge gaps.

5

Keep things in perspective

Remind your students that whilst exams and qualifications are stepping-stones to their future, they are not the be all and end all. There will always be options and alternative pathways that they can explore at school, and in later life. Approaches like mindfulness also help to create a more calm and objective mindset.



For more support on the topic of wellbeing around revision and exams, and to learn more about our #healthyhappyschools campaign, visit go.pearson.com/healthyhappyschools.

NOTICEBOARD



Parent or carer

You can text a school nurse on
07312263554

We can help with all kinds of things like.....

- Emotional Health & Wellbeing
- Keeping Healthy Bedwetting
- Sleep Bullying Dental Health
- Growing Up Keeping Safe
- Support with Medical Conditions in School

Confidentiality
We make every message if we are concerned about the safety of you, your child or someone else but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back for confirm your GP, nearest walk-in centre or dial 111. If it is urgent and from Monday to Friday (excluding bank holidays) you can contact your GP, nearest walk-in centre or dial 111. If it is urgent you need help before you hear back from us, contact your GP, nearest walk-in centre or dial 111. If it is an emergency call 999 or go to the emergency department (A&E). Our text number does not receive voice calls or SMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'texting' messaging services). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

SCAN ME

SCHOOL NURSE TEAM

Did you know we have a school nurse called Michelle Lane who supports us here at Bishop Rawstone? If you would like an appointment with the school nurse please contact Mrs Ball in Learning Support.

Michelle monitors health promotion, vision checks, hearing checks, signposting for referrals, growth checks, support for parents and teachers, immunisations and also works closely with many other professional agencies.



Free, safe and anonymous online counselling and support

"I don't think I could've spoken to someone face-to-face."

- Chat to our friendly counsellors
- Read articles written by young people
- Join live moderated forums

kooth
www.kooth.com

Other Organisations For Help and Advice

- www.samaritans.org.uk
- www.nhs.uk
- www.teenagehealthfreak.org
- www.there4me.com (Childline)
- <https://education.stem4.org.uk/apps/>
- Mind Infoline – 0300 123 3393 (9am–6pm, Mon–Fri)
- Saneline – 0300 304 7000 (4pm–10pm every day)
- The Mix (age 11–25yrs) – 0808 808 4994 (4pm–11pm)
- Papyrus – 0800 068 414 (9am–Midnight every day)

DRUGS AND ALCOHOL

- Talk To Frank – 0800 7766 000
- www.talktofrank.com

EMOTIONAL HEALTH AND WELLBEING

- www.youngminds.org.uk

LGBT+

- www.justlikeus.org
- <https://www.theproudtrust.org/>
- <https://switchboard.lgbt/>
- <https://mermaidsuk.org.uk/>
- <https://genderedintelligence.co.uk/>
- <https://www.stonewall.org.uk/>

BULLYING

The school has a zero tolerance policy of bullying.
Childline, www.bullying.co.uk or www.kidscape.co.uk can also provide advice.

More links to further information and support on a range of issues can be found in the Mental Health and Wellbeing Support and Advice section on our website.



Young People
Scan this QR code to find support

Text a school nurse directly to talk about health or emotional wellbeing:
If you're 11-19 text our ChatHealth line on:
07507330510
or scan the QR code

Parents scan this QR code to find support

If you're a parent of 5-19 year old text our Lancashire ParentLine for support on:
07312263554
or scan the QR code

SCAN ME

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care.think.do

NHS