

### Mental Health Survey

Students rated themselves an average of 5 last year for their mental health.

This year an average of 6.5!



We have 3 year 12 students who are currently mentoring students with SEMH issues.

### **Our Values:**

Now, more than ever, we recognise the importance of prioritising the wellbeing of our students. Our young people have endured an unprecedented amount of change over recent years and their resilience and adaptability has made us extremely proud of them. We believe that positive wellbeing can provide lifelong advantages in health, work, relationships and creativity; we place great value on supporting the mental health of our students.

### What we do:

We offer a wide range of wellbeing lessons and activities that are designed to create a culture of positivity in recognising the importance of mental health and to help students access support if they need it.



### Wellbeing Wednesday

Every Wednesday we have a weekly form time activity dedicated to student wellbeing. We expose our students to a wide range of topics that are aimed at encouraging open discussion and awareness of sensitive issues. Typical examples are Respect, Modern Slavery, Consent, Boys will be Boys, County Lines, Selfie Dysmorphia etc.



### Mental Health Awareness Week May 2023

During MHA week we had a discussion about Body Image and the effect of appearance ideals, comparing self-image, manipulating image and body talk.



I'm very ugly So don't try to convince me that I'm a very beautiful person Because at the end of the day I hate myself in every single way And I'm not going to lie to myself by saying There is beauty inside of me that matters So rest assured I will remind myself That I am a worthless, terrible person And nothing you say will make me believe I still deserve love Because no matter what I am not good enough to be loved And I am in no position to believe that Beauty does exist within me Because whenever I look in the mirror I always think Am I as ugly as people say?

(Now read bottom up)

By Abdullah Shoaib

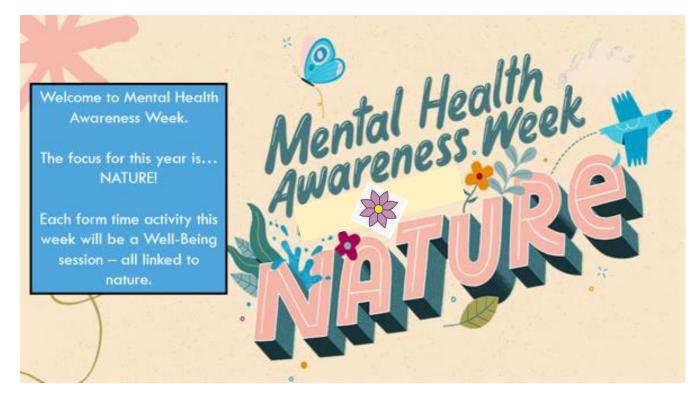


# Read the poem as the video moves along.

#### Pretty Ugly Poem by Abdullah Shoaib - YouTube

"TO ME, BEAUTY IS ABOUT BEING COMFORTABLE IN YOUR OWN SKIN. IT'S ABOUT KNOWING AND ACCEPTING WHO YOU ARE."

Ellen Degeneres



### World Mental Health Day

We celebrate this day each year and use it as an opportunity to recognise the importance of our mental health. This year our day featured starter activities across all year groups, delivered by subject teachers. During the day, our students explored the value of Acts of Kindness, Coping with Anxiety, Resilience and Calming Technique

### Children's Mental Health Week 6<sup>th</sup> – 12<sup>th</sup> Feb 2023

During this week, our central theme was 'Growth', this gave our students the opportunity to look at their personal growth in terms of mental awareness. All subject teachers were part of the delivery of these lessons.

## Take positive steps for better body image



WHAT: To understand how important sleep is. WHY: To stabilise our mental health and well-being when dealing with disruption.



## We celebrated World Mental Health Day by asking students to take part in the #HelloYellow Challenge



Our students also make a difference helping others.

This has a huge benefit, to mental health and wellbeing, as it can reduce stress, improve low self-esteem, and create a more positive attitude to life. .

ON THURSDAY 24TH MARCH THE SCHOOL WILL HAVE BAKE SALE TO RAISE MONEY FOR THOSE SUFFERING IN UKRAINE NOW. THE BAKE SALE WILL TAKE PLACE AT THE SPIRAL STAIRCASE AT BREAK TIMES.

ALL STUDENTS ARE WELCOME TO PLAY THEIR PART THROUGH BRINGING IN BAKING. STUDENTS WHO BRING IN ANY ITEMS SHOULD MEET AT THE SPIRAL STAIRCASE AT 8:10AM ON THURSDAY SO WE CAN PUT THEM SOMEWHERE SAFE AHEAD OF FIRST BREAK. THE STUDENT COUNCIL WILL TAKE RESPONSIBILITY FOR RUNNING THE STALLS AT BREAK TIMES.

### **Culture Days**

On designated days of the year, we celebrate the cultural backgrounds and customs from different countries.

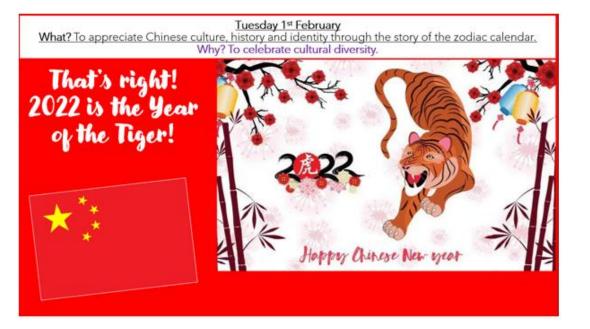
Countries are chosen to be inclusive to our students' cultural backgrounds and to encourage diversity.

Students learn about a different festival from the chosen country and understand how diverse cultures celebrate these festivals with food, dance, costumes, and traditions.



All Saints' Day 1st November Did you know?

The white in the Polish flag symbolises hope and the red symbolises the many struggles for freedom over the centuries.



### Wednesday 4th May

What? To appreciate Turkish culture, history and identity through the Muslim festival Ramadan and Eid al-Fitr. Why? To celebrate cultural diversity.

### Did you know?

Most population studies conclude that over 90% of the people of Turkey are Muslim.





What do you already know about Ramadan from last week's Well-being Wednesday Tutorial topic? Create a mind-map or a bullet-point list.





To help raise awareness in school, students attended an assembly to find out more about International Stammering Awareness Day (ISAD), which happens on 22nd October every year. Stammering associations, individuals and groups around the world organise events to mark the day and to raise awareness of stuttering.

# Rose Ayling-Ellis: Strictly star inspires sign language lessons surge

The focus was about trying something new, then giving students the opportunity to try BSL (inspired by the strictly star). We looked at how important British Sign Language is. Students watched a video during form time and were encouraged to use sign language during lessons throughout the day!



The director of one firm offering BSL courses told Radio 1 Newsbeat enrolments have gone up by more than 2,000% since Rose Ayling-Ellis has been on the show.



The reply with an emotion you have just learnt.



How are you?

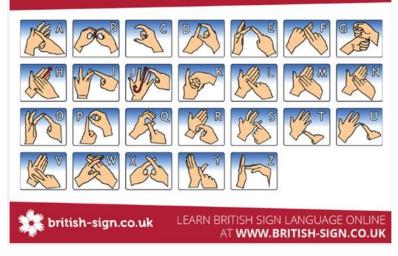








### BRITISH SIGN LANGUAGE - FINGERSPELLING



It's a great skill to learn – and could open doors for a future career. But more importantly allows greater communication with the deaf community.

Which hand should you use in BSL?

Stuttering is a communication disorder in which the flow of speech is broken by repetitions, prolongations or abnormal stoppages of sounds and syllables. More than 70 million people worldwide stutter.

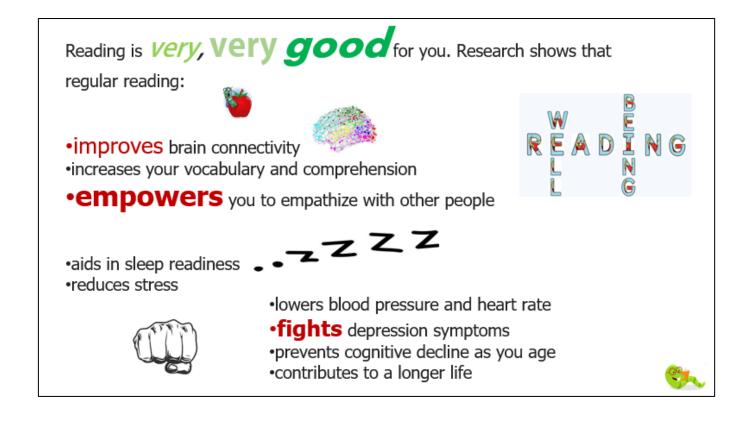






## House points available!

- Review your favourite book
- Ever wanted to re write the ending of your latest book? What would your ending be? Re-Write the final chapter!







Images of staff pets and owners will be placed around school – 17 pets! You can collect a quiz sheet from the Excellence Centre or just jot your answers on a piece of paper.

The competition will run from the **17<sup>th</sup>-24<sup>th</sup> April** and all answer sheets must be handed into Miss Quinn in the Excellence centre.

<u>Woofing Wednesday!</u> Match the pet to the staff member! Find pictures and clues around school

PRIZES 1<sup>st</sup> Prize House points/Breakfast buttie voucher 2<sup>nd</sup> Prize House points/Breakfast Buttie voucher 3<sup>rd</sup> Prize House points/Sweets 4<sup>th</sup> Prize House points 5<sup>th</sup> Prize House points