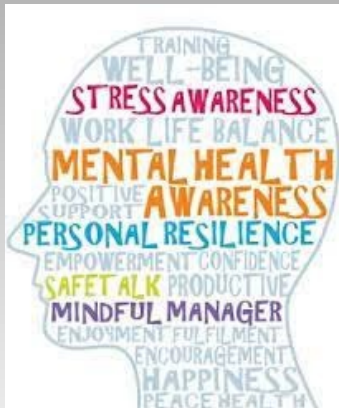


SEMH Bulletin

Social, Emotional and Mental Health Bulletin



What do we do in school to promote good SEMH?

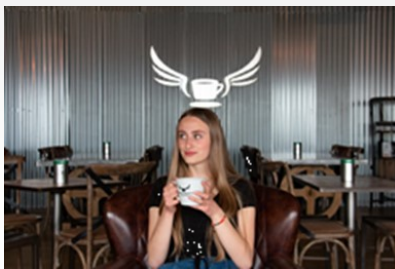
In the recent SEMH Survey a number of parents /carers felt they were not fully aware of what we are doing in school around supporting our students' social, emotional and mental health and wellbeing.

As a school we firmly believe in education being more than a clutch of exam results; the development of the whole child lies at the heart of what we do. Hence our commitment to inform you more regularly of what we are doing to support student wellbeing.

We also welcome the chance to hear from you so please do not hesitate to contact us with any concerns or comments to improve what we currently offer.

Louise Ramsay

Introducing our Student Mental Health Ambassador



“My name is Rose Courteen and I’m currently in year 11. Outside of school, I play tennis, do ballet and love running. I also have a podcast called Talking Teenage Life where I talk all things about teenage years: whether they are as important as they seem, how we can live them to the fullest and what’s the one thing adults would tell their teenage self so we can learn and make the most out of this period of our lives. I’m an aspiring broadcast journalist and would love to have a job as a radio presenter when I am older. In 2020, I was shortlisted for the BBC Young Reporter of the year.

I’m very passionate about raising the awareness of all types on Mental Health problems, especially in young people. I think it is such an important topic that we should be discussing more as it is becoming more and more prominent in our lives. I’m so thankful for being given this chance to write about mental health and help support students facing negative mental health. In terms of working on/with mental health, I have cared for some of my friends who have faced mental health problems recently. I have recorded a podcast chatting to Hope Virgo who is a mental health advocate and focuses on body image and eating disorders specifically. I found it eye-opening how common eating disorders are and how they come in all different shapes and sizes in our modern-day society. I have also talked to a lady from the charity Young Minds about mental health in general and she offered lots of tips and advice too on my podcast. “

Enjoy the first issue of her Student leaflet “Lookout!” which focuses on Eating Disorders given that the week from 28th February to 4th March is Eating Disorders Week.

PERMA—

Permeating our School Culture

Since 2014 we have used the acronym PERMA brought to us by Dr Hazel Harrison, based on the work of Dan Siegelman to inform our practice.

- P— Positive Emotion
- E — Engagement
- R- Relationships
- M- Meaning
- A- Achievement



PERMA Wall in DHS

PSHE Corner

Every week students have a PSHE (Personal, Social and Health Education) lesson with someone from their Year Team—usually their Form Tutor.



Currently these topics are being taught :

Year 7—Unit 3 : How to keep Healthy?

Looking at puberty; personal hygiene; importance of good diet, sleep routine and being physically active; road and sun safety.

Year 8—Unit 4 : How to take care of myself?

Looking at addiction in general, including gambling, screen time and drugs

Year 9—Unit 3 : How to be a responsible citizen?

Looking at the nature of anti-social behaviour; the criminal justice system; knife crime, gangs and county lines

Year 10—What are our human rights? Where abused? How to challenge?

Looking at human rights; radicalisation and extremism; female genital mutilation; forced marriages and honour based violence.

Year 11—Targeted revision

Promoting SEMH :

Belonging; Active Participation

Research shows the importance of preventing issues with a person's social, emotional and mental health by promoting positive wellbeing. One key way of doing this is through encouraging a sense of belonging. As such being an active participant in school life, including the extracurricular offer, as well as interests and hobbies outside of school help with positive wellbeing. As such I include a copy of the school's extracurricu-



Attendance Update

Despite the challenges faced by us all in the pandemic, we are truly grateful for the strong commitment our parents/carers have in supporting good school attendance.

Why attendance it so important?

- **Social Interaction**— Young people meeting face to face with one another and building those important skills to socially interact
- **Establishing good routines**—Attendance and punctuality are vital for career development so learning good habits now builds stamina and expectation for the future
- **Way to ensure academic success**— Students with no absences are 2.2 times more likely to achieve 5 or more GCSEs, including English and Maths at Grade 4 or above than those students who miss 15-20% of lessons
- **Legal duty** of parents/carers to ensure students attend school

Having a problem ?

Please contact your child's form tutor and/or Head of Year if your child is finding school attendance difficult. We would love to help!



First Point of Contact

Form Tutor; Head of Year



More Serious....

Designated Safeguarding Team: Louise Ramsay; Simon Martin, Lorraine Keeble

DSL : lramsay@debenhamhigh.co.uk

EXTRA CURRICULAR CLUBS AND ACTIVITIES – Spring 2022

	Lunchtime		After School	
	Activity	Year	Activity	Year
Monday	Hockey Netball Basketball Games / Activities / Books Quiet Work Space Computer Work Room Year 7 Drop In Orchestra Drama Club	7 & 8 7 All 11 10 & 11 All 7 All 7 & 8	Girls Football Boys Football Homework Club	All 7 7, 8 & 9
Tuesday	Just Dance Boys Football Y11 Girls PE Club Rugby Photoshop Games / Activities / Books Quiet Work Space Computer Work Room Wind Choir String Group Guitar Group Year 7 Drop In	Sign Up 8 11 10 & 11 All 10 10 & 11 All All All All 7	Homework Club Homework Club Grade 5 Music Theory Club (3.45pm – 4.30pm)	7, 8 & 9 10 & 11
Wednesday	Netball Table Tennis Football Dodgeball Rugby Lego Games / Activities / Books Quiet Work Space Computer Work Room French / Spanish Drop In Year 7 Drop In Brass Group French Salon Music Club Drama Club	8 & 9 All 9 7, 8 & 9 7 All 8 10 & 11 All All 7 All 7 9	Homework Club Homework Club Warhammer (3.45pm – 5pm) Electronics / Robotics Club	7, 8 & 9 10 & 11 All Yr 8 – Sign up
Thursday	Boys Football Just Dance Dodgeball Rugby Games / Activities / Books Textiles Quiet Work Space Computer Work Room Year 7 Drop In Pop Choir Cookery Club	10 Sign Up 10 & 11 8 & 9 9 Sign Up 10 & 11 All 7 All 9	Homework Club Homework Club	7, 8 & 9 10 & 11
Friday	Darts Netball Badminton Football Games / Activities / Books Quiet Work Space Computer Work Room Year 7 Drop In Jazz Band	All 10 & 11 All 11 7 10 & 11 All 7 All		



EXTRACURRICULAR ACTIVITIES



SEMH Support within school

All students have the support of their form tutor, subject teachers, Head of Year. Through assemblies, form time, PSHE and the wider school curriculum there are regular opportunities to learn about, reflect upon and question personal issues as well as those linked to the local community and national/international picture.



All students have access to the School Nurse, Lisa Jaynes through the Tuesday lunchtime Drop In.

For some students there is additional targeted support—perhaps a match mentor. specific learning interventions, a bespoke curriculum including PSHE Plus or ASDAN, the support of Student Support and the Chaplaincy team.

Referral is possible to the School Nurse, Lisa Jaynes and Stella Hanson, a Talk therapist who is in school twice a week. Along with this the school liaises with Suffolk Young Carers to support our registered Young Carers and those wanting

Debenham High School's Early Help Offer

Early Help is a term used to describe a range of strategies used to support young people and their families. There are many universal measures; low level interventions or more targeted interventions; within school or working with other agencies such as Education Welfare, School Nursing, Talk Therapists, Primary Mental Health Workers and the Early Help Teams to name a few. Also, voluntary agencies such as the local churches. The aim is to provide support as needed to prevent problems escalating and needing specialist services such as Social Care, CAMHs and other specialist mental health providers, medical specialists and/or the Justice System.

