

SEMH Bulletin

Social, Emotional and Mental Health Bulletin September 2022



Welcome Back!

It is so lovely to be back in school following the usual patterns of life.

The Year 7 students have made an excellent start; they are settling into new routines, meeting new people and beginning to enjoy both lessons in the classrooms and those opportunities beyond. Their first trip to Colchester Zoo went very well and allowed them a chance to work in a different environment.

For all year groups, clubs are up and running, fixtures beginning and the business of learning is well underway. As ever we are very proud of our students and look forward to a busy term!

Louise Ramsay



Introducing the Emotional Health and Mental Wellbeing Student Leadership Team

As part of our student leadership programme in school, Senior Prefects and Prefects are leading teams within school, such as the Green Team, Community Cohesion, Sport and Health, House System, Learning, Media and Communication. Having responsibility has been proven to build self esteem and of course helps make our students ready for the next stage in their education and life.

Introducing the Emotional Health and Wellbeing Team are led by Emmy Cooper and Fern Keough. Along with Sophie Wooldridge, Bella Roshier, Emily Woodley and Layla Jackson, their aims are to promote positive emotional and mental wellbeing through producing leaflets and information sheets for the student body; the organisation of events such as a Wellbeing Evening where money can be raised for mental health charities as well as the focus being on positive wellbeing in school. The team would like to work with the staff to answer worries that younger students have through a "Question Box" system. I look forward to sharing their ideas in more detail in future publications.



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 support within school and Outreach Youth.



Keep in touch with us!

If there are any concerns about your child, please do not hesitate to get in touch with us. We welcome contact whether through the Log Book, email or telephone. We will aim to get back in contact within 24 hours, even if to acknowledge we have received your communication

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



Proudly Announcing the Quiet Space

Every lunchtime there is a space in the Boulter Hall for students to go and be still.

There is the chance to read, colour, do puzzles and generally unwind. This is managed by the Chaplaincy Team along with two other Teaching Assistants in the week.

Needing more support—Parent/Carer Workshops

The Psychology in Schools team are running a range of workshops that may help those of you who have children needing support with an aspect of their mental health.

My apologies that some of these have already run—should you wish further details for those missed, I would happily contact the team to see whether I can get a recording/copy of the training for you to access. Email— Iramsay@debenhamhigh.co.uk

Supporting young people's mental health Parent/carers workshops September - October 2022

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are live and 60 minutes long.

Supporting our Young People Manage Big Feelings

A workshop aimed at parents of young people aged up to 11 to help support our children in managing difficult emotions

26 September - 13:00. [Book a place](#)

26 September - 18:00 [Book a place](#)

Supporting your Child to Attend or Get Back to School

Is it difficult to get your child to school? This workshop aims to develop parents' understanding and provide helpful strategies

27 September - 18:00. [Book a place](#)

Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry

27 September - 19:15. [Book a place](#)

18 October - 18:00. [Book a place](#)

Supporting our Young People with Challenging Behaviour

A workshop for parents who are concerned or want to learn more about child behaviour that can be difficult to manage

17 October - 13:00. [Book a place](#)

Supporting our Young People Manage Uncertainty

A workshop to support parents in helping their children manage uncertainty and the emotions that follow

17 October - 18:00. [Book a place](#)

Supporting our Young People with Low Mood

For parents to understand low mood and how to support their child/teenager

18 October - 19:15. [Book a place](#)

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team - NSFT



Participation : A sure fire way to feel better about school life!



There is plenty of opportunity to get involved in clubs and activities within school this term. Hopefully there is something for everyone—whether sporty, musical, needing a quiet place to be, working with computers, building with Lego, celebrating languages at Polygot Club.

The opportunity to try something new, improve at an existing skill and/or to spend time with people who have similar interests, makes being involved in the extracurricular life of the school so important.

EXTRA CURRICULAR CLUBS AND ACTIVITIES – Autumn 2022

1.20 – 1.50	LUNCHTIME ACTIVITIES				AFTER SCHOOL ACTIVITIES			
	Activity	Year	Venue	Staff	Activity	Year	Venue	Staff
Monday	Year 7 Drop In	7	42	SMK	KS3 Homework club	7,8,9	20	SFS
	Philosophy and Current Affairs Club	All	31	AH/EL	KS4 Homework Club	10,11	Library	CFJ
	Chess Club	All	30	JF	Computer Club	7,8,9	15	EG
	Drama Club	7	Drama Studio	MH	Boys Football	7	Field	KC
	Hockey	7,8,9	Astro	SP	All Girls Football	All	Field	NM
	Football	10	Field	KC				
Quiet Space	All	Boulter Room	SFS					
Tuesday	Year 7 Drop In	7	42	TBC	KS3 Homework Club	7,8,9	20	SFS
	Rugby	8,9	Field	IT	KS4 Homework Club	10,11	Library	CFJ
	Textiles Club	All	8	DK				
	Arts and Crafts Club	7,8,9	6	LS				
	Careers Drop In	All	25	KV				
	Wind Band	All	Drama Studio	JD				
	String Choir	All	41	PS				
	Football	8	Field	NM/DF				
	Basketball	9	Sports Hall	KC				
	Netball	7,8	Courts	SP				
Quiet Space	All	Boulter Room	TJ					
Wednesday	Year 7 Drop In	7	42	SMK	KS3 Homework club	7,8,9	20	LK
	Rugby	7	Field	IT	KS4 Homework Club	10,11	Library	CFJ
	Photoshop	All	15	KV	Cookery Club	8	1	BM
	Lego	All	19	KS				
	Boys Football	9	Field	NM				
	Basketball	7,8,9	Sports Hall	KC				
Quiet Space	All	Boulter Room	JS					
Thursday	Year 7 Drop In	7	42	TW	KS3 Homework club	7,8,9	20	LK
	Rugby	10/11	Field	IT	KS4 Homework Club	10,11	Library	CFJ
	Pop Choir	All	41	SR	Young Enterprise	10	11	JW/DF
	Football	11	Field	KC				
	Dodgeball	7	Sports Hall	NM				
	Running Club (1:10pm-1:40pm)	All	Outside PE Office	MG				
Quiet Space	All	Boulter Room	TJ					
Friday	Year 7 Drop In	7	42	KS				
	Polyglot Club	All	16	HG				
	Jazz Band	All	41	WR				
	Darts	All	42	DM				
	Badminton	All	Sports Hall	JWe				
	Quiet Space	All	Boulter Room	SFS				

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 1 : Healthy Friendships

Looking at what a healthy friendship looks like in real life and online; ways to identify and manage peer pressure; how to recognise toxic friendships and ways to resolve conflict.

Year 8—Unit 1 : Why is it important that I like myself?

Looking at the importance of self esteem and self compassion; the role of the media and stereotyping; gender identity and stereotyping and the importance of having positive body image.

Year 9—Unit 1 : Relationships: How to manage intimate relationships?

Looking at love, relationships and intimate relationships; the concepts of sexuality and sexual identity—i.e. diversity in relationships; the idea of consent—being in control of your relationships and managing peer pressure

Year 10—Aiming High—Careers overview

Unit 1—Health and wellbeing : Respecting Ourselves?

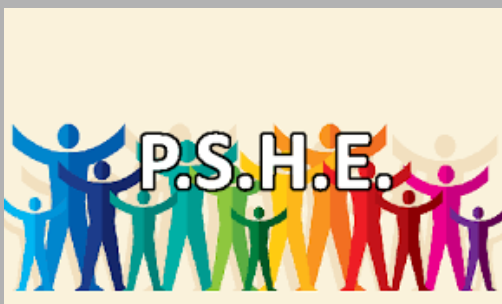
Recapping the importance of good sexual health ; the impact of pornography on relationships and body image; management of power within relationships looking at control, coercion and abuse; avoiding unhealthy substances.

Year 11— Pathways Post 16

Unit 1 : Promoting Emotional Wellbeing

The importance of emotional health and wellbeing—the importance of resilience and reframing negative thinking; the management of risk

If you want to know more about our PSHE Curriculum please follow this link—<http://www.debenhamhigh.co.uk/Curriculum/PSHE/>



Student Life Mental Health and Wellbeing

Training in Year 10

On 15th September all of Year 10 completed a day's training delivered by Student Life on Mental Health and Wellbeing. This was a great opportunity for students to better understand how the brain works and the fact that with support there are ways to better manage “normal” emotions such as anxiety, and stress. There was also a section on identifying more worrying symptoms of ill mental health, which can

allow students to get the right support should it be needed.

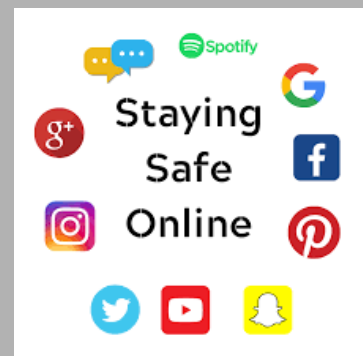
There will also be an exciting opportunity for those who would like to, to train further with Student Life and Kooth to become Mental Health Ambassadors in the school—Watch this space!



Find out more about these organisations at -

<https://www.studentlife.org.uk/>

<https://www.kooth.com/>



We are pleased to introduce you to the first of our Online Safety Information Sheets.

Also we have added to the website an Online Guide to Parental Control , which we hope you will find useful.