

# SEMH Bulletin

Social, Emotional and Mental Health Bulletin January 2023



## Happy New Year!

Thinking about our PERMA model as a way to proactively encourage good mental health and wellbeing, it is clear that participation; belonging to something wider than ourselves and pushing ourselves outside of our comfort zones are key. This is verified in studies carried out by Dan Buettner, an explorer and National Geographic Fellow who has researched reasons for longevity and happiness. He identifies “Blue Zones” where in the world, people live longer and/or have a greater sense of contentment. In distilling common threads, the importance of positive relationships and seeking out new experiences and activities boost happiness; being an active part of a community helps.



At school we aim to provide opportunities for the whole school community to celebrate and work together—whether this be the House Challenges; the Christmas carol services and lunch; the celebration of the school production, High School Musical. We also encourage smaller communities through extracurricular clubs and activities—whether this be sport, music, philosophy, Young Enterprise or Lego. In addition to working within school, we seek to be part of our wider community through litter picking with the Debenham Green Team; the invitation for The Debenham Project to share their work with the KS4 Health and Social care Group; our musicians sharing Christmas cheer at the Late Night Christmas event in Debenham or at the Debenham Project Community Lunch at Coopersfield.



Let's make it our new year resolution to become more actively involved in the communities in which we live — join a new club; try a new skill; help out with local events; pushing ourselves outside of our comfort zones!

*Louise Ramsay*

## 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

*With lessons on changes in puberty that affect us both physically and emotionally; looking at diet, hygiene and exercise as well as making good decisions to be healthy and safe re road safety, sun and cold weather safety*

### Year 8—Unit 3: How can I be an active and responsible citizen?

*Focusing on rights and responsibilities within a familiar context such as school or home; looking more broadly at human rights and the importance of British Values, including tolerance and challenging prejudice and discrimination. There will be the chance o research and deliver a presentation on individuals/groups who have acted against discrimination*

### Year 9—Study Skills/Options Focus and beginning Unit 3 : Making the right decisions—how to look after our bodies and minds

*With Year 9 Exams in January and the Options process beginning, time will be given in PSHE develop study skills and think through Options Choices. Unit 3 will begin with a look at how to positively look after emotional and mental health and then looking at mental ill health including depression, anxiety , self harm and eating disorders*

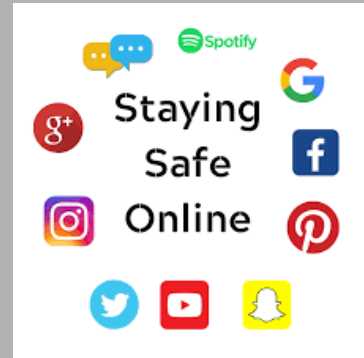
### Year 10—Unit 2—Relationships—Family Planning and Parenting & Study Skills

*A focus on the management of power within relationships looking at control, coercion and abuse; avoiding unhealthy substances.*

*Moving on in Unit 2 to look at family planning in positive sense; pregnancy/ miscarriage; managing unplanned pregnancy; infertility; parenting*

### Year 11— Health and Wellbeing

*Looking at decisions to be made around bodies i.e. piercings and tattoos; organ and blood donation. Also awareness around common illnesses, including cancer and the importance of self examination*



### Online safety

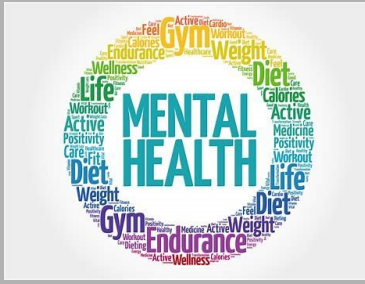
Please find attached to this Bulletin the latest newsletter focusing on an aspect of online safety

### Chaplaincy Update

Rev Tracey James and Tim Warnock have been working in school for another term—they have been mentoring/coaching a number of students in a 1:1 capacity, including practical work like writing a CV; acting as an advocate where students find certain classroom conditions difficult. Along with working with students, Tracey and Tim are involved in the extracurricular life of the school—Tim helping with the Year 7 Drop In and Tracey running Quiet Space.

We are delighted that in this Half Term they will be jointly running Prayer Space—an opportunity for all of us in school to slow down and think or pray depending on our belief system. This is always well received by students who will have the chance to visit the space during their Religious Education lessons.





## SEMH Support within school

We continue to have a range of opportunities to support our students:

- Our Talk Therapist, Stella Hanson is in school Monday and Friday mornings for referred appointments
- Lisa Jaynes, School Nurse, runs a Drop In every Tuesday lunchtime in Meeting Room 2
- Our Chaplains Rev Tracey James and Tim Warnock are in school mid week—you can see them for a chat—simply see Mrs Keeble or Head of Year and this can be arranged
- We have a Quiet Space set up in the Boulter Room every lunchtime
- Our Student Support Co-Ordinator is available
- ELSA sessions run by Lorraine Keeble (Student Support) and Michelle Mottram (TA)

### LGBTQ+ Group —Friday Lunchtimes

Supported by Andy Fell from Outreach Youth, a Charity that supports those exploring their sexuality or gender, a Drop In is being set up. The group is looking to evolve to meet the needs of the students attending, not least deciding on a name for the group. The group will provide a chance for a chat and, of course, snacks! Any students will be welcome to attend.



Should you wish to find out more about Outreach Youth , please follow the link below

<https://outreachyouth.org.uk>



### 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](mailto:lramsay@debenhamhigh.co.uk)



## Needing more support—The Spring Term Set of Parent/Carer Workshops

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

### Supporting young people's mental health Parent/Carer workshops January – February 2023

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 with Anxiety

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

**9 January 2023 – 13:00** [Book a place](#)

**9 January 2023 – 18:00** [Book a place](#)

#### Supporting our Young People to Manage Big Feelings

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

**10<sup>th</sup> January 2023 – 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

**10<sup>th</sup> January 2023 – 19:15** [Book a place](#)

#### Supporting our Young People with OCD

'This workshop is for parents of school aged children to help them understand 'Obsessive Compulsive Disorder' (OCD) better

**6<sup>th</sup> February 2023 – 13:00** [Book a place](#)

**6<sup>th</sup> February 2023 – 18:00** [Book a place](#)

#### Supporting our Young People with Anxiety

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

**7<sup>th</sup> February 2023 – 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

**7<sup>th</sup> February 2023 – 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](http://www.eventbrite.co.uk) and search for Psychology in Schools Team - NSFT



## Supporting young people's mental health

### Parent/Carer workshops March 2023

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.

**6 March – 13:00** [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.

**6 March – 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

**7<sup>th</sup> March – 18:00** [Book a place](#)

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