

SEMH Bulletin

Social, Emotional and Mental Health Bulletin June 2023



Take the Opportunities to be part of the school this Summer!

With the warmer weather and the end to GCSEs, we enter the last few weeks of term.

We will really miss Year 11; they have been an excellent year group. Nevertheless we are looking forward to welcoming Year 6 on 12th July for their Induction Day.



For Years 8-10, there will be a range of events and opportunities over the coming weeks—from the chance to represent their house at Sport's Day to the Summer Concert and Production of "Gimme Gimme Gimme a Dream After Midnight" at Crow's Hall.

Years 7 and 8 have Geography field trips to Southwold and the River Gipping; Year 10 Historians will have the chance to go to Berlin. So many activities are being offered over the last few days of term, including Enterprise Day and the residential to Hautbois for Year 9; Fun on the Field for Year 8 and Work Experience for Year 10.

I would urge everyone to get involved and to take the opportunities offered to work with their year groups; meet new friends and try to new activities. I love this sentiment from William Arthur Ward, "Opportunities are like sunrises. If you wait too long, you miss them!"

Wishing you all a very happy Summer break when it gets here!

Louise Ramsay

Students Taking the Lead in Promoting Positive Mental Health in School

Seven Year 10 students volunteered to become Mental Health Ambassadors. Working with Student Life, the girls have worked on raising awareness of the importance of having good mental health.

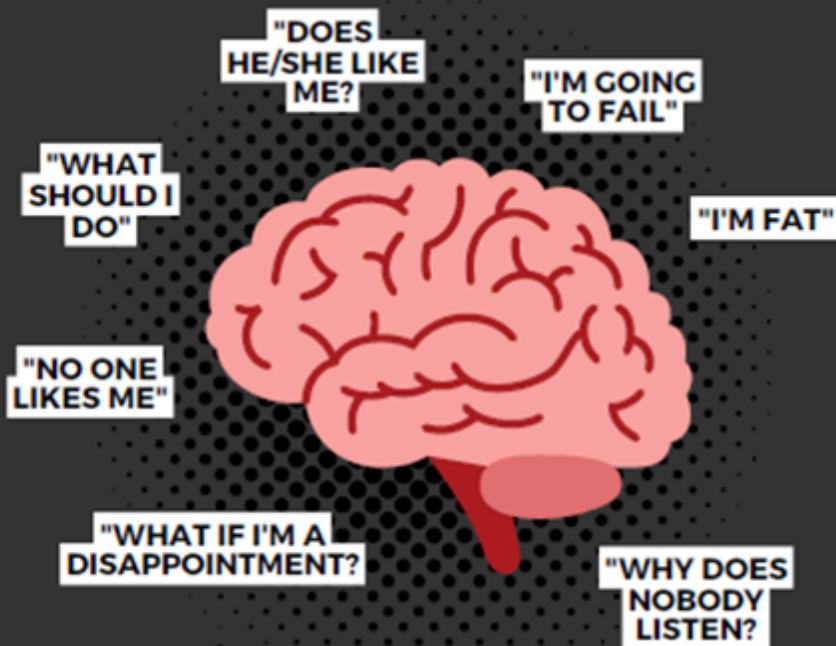
During Mental Health Awareness Week they launched their Drop In in Room 47 and shared an assembly on the key topic of the week, Anxiety.

On the next page is the poster they have produced to promote the scheme with Mrs Keeble.

Looking forward the team plan to work with Mrs Ramsay looking at the SEMH Policy.

It is great that the girls have put themselves forward—let's hope there will be more students willing to put themselves forward for 2023-4.

WE ALL HAVE MENTAL HEALTH



COME AND TALK TO US, WE'RE HERE TO LISTEN

Speak to a

MENTAL HEALTH AMBASSADOR



WE OFFER SUPPORT

confidential support, listening and guidance



WE LOOK FOR SIGNS

changes in personality or behaviour



WE SIGNPOST TO SERVICES

suggest organisations that can help

If you need any support you can go to any of the Mental Health Ambassadors or the teachers. Whoever you feel more comfortable to tell

MY *life*

1 in 6

YOUNG PEOPLE HAVE A MENTAL HEALTH ISSUE



THAT MEANS

5

PEOPLE IN YOUR CLASS ARE PROBABLY STRUGGLING RIGHT NOW

(SO YOU ARE NOT ALONE)

LOOK FOR THE GREEN BADGE



Supporting your Child at School—Wellbeing and Learning 27th June 2023

Keynote speech by Dr Hazel Harrison

PERMA 2.0: A Fresh Perspective on Wellbeing

Come and discover the latest advancements in the field of psychology with an update on the PERMA model. We will expand on the original five elements of Positive emotions, Engagement, Relationships, Meaning, and Accomplishment, to provide a more comprehensive understanding. Dr Hazel Harrison will share the most up to date research on happiness and wellbeing and provide practical strategies for incorporating PERMA 2.0 into your daily life and to the lives of students.

Plus a Marketplace with ways to support our young people; short workshops run by DHS staff on ways to improve literacy, numeracy, support a child's learning with Special educational needs and an insight to the pastoral support in school.

We look forward to you joining us from 5.30pm. Hazel will be speaking from 6.30-7.15.



PSHE Corner

As we follow a 30 week programme for PSHE, the lessons have finished for this year.

Our internal review of PSHE was very positive with staff and students being able to articulate the importance of this part of our curriculum.

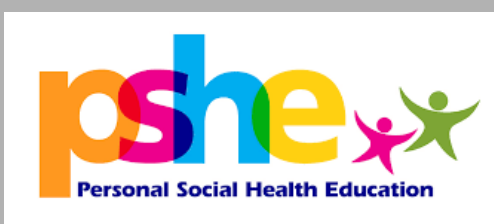
At this stage of the year Kelly Saunders, Co-Ordinator of PSHE will review our current Schemes of Work and adapt to suit changes in society or issues facing DHS in particular.

One area that has been highlighted by the Local Authority to consider is Toxic Masculinity so we will explore this area next year



Safety Online

Please find attached our latest newsletter looking at how we can best promote safety online



SEMH Support within school

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



- Form Tutors and Heads of Year are a constant point of contact—there are also assemblies, special events and weekly PSHE lessons
- Our Talk Therapist, Stella Hanson is in school Monday and Friday mornings for referred appointments
- Lisa Jaynes, School Nurse, runs a Drop In on 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), Michelle Mottram (TA) and Natalie Rendell (Cover Supervisor)
- Our Mental Health First Aiders (See next page!)



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



Mental Health First Aiders in School

We have a number of staff already trained as Mental Health First Aiders—see below.

In July 2023 a further eight members of staff will be trained by Richard Stewart from Life.



Mrs Carr



Mrs Fowler



Mrs Schug



Mr Cook



Dr Healy



Miss Hill



Miss Rendell



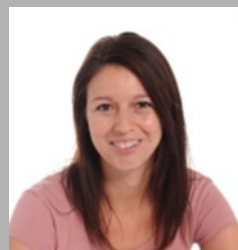
Mrs Smart



Mrs Godson



Mrs Ramsay



Mrs Keeble



Tim Warnock