

WELLBEING AT WICKERSLEY



Welcome to our September Wellbeing Newsletter.

This newsletter gives you an update on what support is available to students and some ideas about how you can support your child's wellbeing.

There are many additional wellbeing resources on the school website for parents and students to refer to.

'Action for happiness have created [this calendar](#) which is packed with actions you can take for better mental health. Use each week to try and focus on the 'Five ways to wellbeing'.

WE BELIEVE IN OURSELVES AND CONNECT:

Wellbeing week: The 4th October is our first Wellbeing week in school. During form period we will be discussing a number of issues around the 5 ways to wellbeing. Sometimes it's the little things in life that we often take for granted which make all the difference and brighten up our day. That's why this year we want to give students and staff a challenge! Can they complete these five little acts of kindness, as recommended by Young Minds, to brighten someone's day and spread some joy?



Take part in the #HelloYellow Challenge

It's normal to have ups and downs – and this year might have felt a little more down than up. We've all had worries about school, exams, feeling alone, stress at home and uncertainty about the future. But things can get better. Saying #HelloYellow this World Mental Health Day is a little thing we can do to make a BIG difference to young people's mental health.

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The five step #HelloYellow Challenge:

1	Say something kind to a teacher	<input type="checkbox"/>
2	Smile at a friend	<input type="checkbox"/>
3	Remind someone of a nice thing they did for you once	<input type="checkbox"/>
4	Ask someone if they need any help	<input type="checkbox"/>
5	Make someone laugh!	<input type="checkbox"/>

Don't forget to encourage donations. Students may want to ask their parents to donate £2 for each action they complete on #HelloYellow day, or even set up their own fundraising page and connect it to our campaign ([justgiving.com/campaign/helloyellow2021](https://www.justgiving.com/campaign/helloyellow2021)).

You can download the #HelloYellow Challenge to share with your class in our [#HelloYellow Resources Hub](#) (youngminds.org.uk/ty-resources).

PSHE - For more information about PSHE lessons, please contact pshe@wickersley.net

Year 7 - As part of their Personal, Social, Health and Economic wellbeing lessons Y7 have been introduced to the [5 ways to wellbeing](#). We have been exploring how; taking notice, connecting to others, keeping active, keeping learning and giving to others impact on our emotions.

Year 8 - In PSHE lessons, year 8 have been considering some of the pressures that young people may face when communicating digitally, as part of our emotional health unit. Here is a [guide](#) to discussing these issues at home.

PSHE drop down - On 13th October Y7 and 8 students will take part in a workshop with South Yorkshire Fire Service about hoax calls and arson.

Year 9 - PSHE students are currently completing an alcohol and substance abuse unit of work. More details and a curriculum map can be found in our revised [policy](#).

Year 10 - This term, Y10 students have been learning about extremism and radicalisation in PSHE workshops. They will be moving on to learning about criminal exploitation soon.

Year 11 - In PSHE workshops Y11 have been looking at different relationships including families, friendships and romantic relationships.

SUPPORTING OUR CHILDREN

We are lucky to be working in partnership with 'With me in Mind' who are mental health practitioners. Follow them on social media in order to find out more. We also have a Wellbeing email that students and parents can use to ask our Wellbeing team for support if they feel they need it. The email address is: wellbeing@wickersley.net



PARENT WORRY WORKSHOP

We would like to invite you to an online workshop on the 19th October at 6pm-7pm where our With in Mind mental health practitioners will give parents a few hints and tips on how to support your child if they are worrying. The session has a maximum capacity of 100 so please let us know if you would like to attend.

KEEP LEARNING

Over the past few months, we have relied on the internet to allow us to connect with our friends and family. Click [here](#) to read an article which discusses 10 ways for families to use to internet in a positive way.

NEED TO TALK?

If you are feeling low, or worried about something and need to speak to someone there are a number of different ways that you can get help:

The infographic is titled 'NEED TO TALK?' and features three numbered sections, each with a different background color and a corresponding image. At the top right, there are five small circular icons with the words 'CONNECT', 'BE ACTIVE', 'NOTICE', 'KEEP LEARNING', and 'GIVE'.

- NUMBER 01** (Orange background): Shows a person's hands typing on a laptop. Text: 'Please email our school well-being email address, wellbeing@wickersley.net. You can email during the day and someone from the well-being team will get in contact with you to see if we can help. You can use this email address from home but please be aware that our team will pick this up the next day when we are back in school.' Below this, in smaller text: 'IF YOU ARE WORRIED ABOUT YOUR OWN SAFETY OR THE SAFETY OF ANOTHER STUDENT PLEASE EMAIL: SAFEGUARDING@WICKERSLEY.NET'.
- NUMBER 02** (Yellow background): Shows a person's hands holding a piece of paper. Text: 'Speak to a teacher or other member of staff that you see during the day and they will be able to let the well-being team know that you need support. Someone from the well-being team will then be in contact with you to see if we can help.'
- NUMBER 03** (Green background): Shows a person holding a smartphone displaying the 'With Me In Mind e-Clinic' app. Text: 'Sign up to our FREE app and get direct contact with a With Me In Mind worker. Discuss any mental health related issues using instant messaging on your mobile or tablet.' Below this, it says: 'Access the With Me In Mind e-Clinic app. Sign up for free and get direct contact with a With Me In Mind worker. Discuss any mental health related issues using instant messaging on your phone or tablet.'

At the top right of the infographic, there are three thought bubbles with the questions: 'Are you worried about something?', 'Need a helping hand?', and 'How are you feeling?'. In the center, a yellow circle says 'WE ARE HERE TO HELP!'.

Ways to Fill your cup



WE RISE TO A CHALLENGE AND ARE ACTIVE

The nights are drawing in but please don't let that be an excuse to stay inside - be active outside of school hours and enjoy the incoming Autumn colours.

We can now host our full range of extra-curricular activities in school and would encourage every student to at least try at least one activity. There is no other secondary school who offers a wide range of sporting opportunities than us. Students who actively experience extra-curricular activities on a regular basis in schools definitely gain a more rounded and holistic experience in their time at school and can certainly play a huge part in their personal development during and when they leave us.

We take pride in and look after our community: Sponsored walk:

We are excited to be able to run our annual Sponsored walk on Friday the 8th October for Years 7-10 students supported by our staff and sixth formers. This is a great way for students to get active whilst helping others and raising money for charities that are important to them and to the school.

THE BIG ASK- NATIONAL SEPT 2021

More than half-a-million young people in England took part in the survey, 71% of those aged 9 to 17 and 94% of kids aged 6 to 8 in England said they are happy.

- 80% of 9 to 17-year-olds and 95% of 6 to 8-year-olds in England said they are happy with their family life.
- Just over half (57%) of 9 to 17-year-olds said they were happy at school and college, with 16% saying they were unhappy. As many as 68% of the young people surveyed between the ages of 9 and 17 said that they were happy with their progress in education.
- The majority of young people aged 9 to 17 who took part in the Big Ask survey said they were happy with their mental health, 57%
- And it also found that girls were twice as likely as boys to be unhappy with their mental health, with 25% saying it was a cause of concern for them.
- As many as 40% of girls aged 16 to 17 said they were unhappy with their mental health.



THE NEW SCHOOL COUNCIL

This year's school council opportunity is currently being promoted and advertised to all year groups for students to get involved in. Once appointed, our School Council members will allow our students to have a voice and listen to any suggestions and ideas they have. The School Council play a pivotal role in ensuring their school is the best it can be for our students to thrive in.

SAFEGUARDING OUR CHILDREN

Safeguarding our children remains our key priority during this difficult time. If you have any concerns about the safety of a young person in our school please email safeguarding@wickersley.net in the usual way and our team will endeavour to support you.



STUDENT VOICE

Our students took part in an online survey in July which was conducted by Rotherham Borough Council to find out how the current pandemic has affected their mental health and wellbeing. The results for these surveys are key in order for us to find out about any issues/trends and how we can plan any actions that will enable us to improve the services here at WSSC.

Just over 1000 of students opted to take part in the RMBC anonymous wellbeing survey. This was issue three during the pandemic and was conducted in May 2021, which was when schools were getting back to some sort of normality albeit that students were still in bubbles and masks were being worn in between classes.

Overall the results suggested that our young people were more positive about the future and less worried. They are spending more time outdoors, seeing friends and family and participating in more sporting activities, which is great. There is still a proportion of students who feel they are isolated and or feel uncertain about things or their future. This is a common trend across the borough. The amount of sleep has slightly decreased and the amount of time on social media has slightly increased.

Seeking support strategies has improved over previous surveys whether this be that our young people are talking to family, friends or teachers more for support or are seeking help via the internet or our website. However, this is still something our young people would like more support with overall and this is reflected across society and borough wide.

Going into this academic year students were worried about catching up on missed school work, or at least presuming this was the case.

We will conduct another survey soon to find out how our students feel now they are back in school in seemingly a more normal learning environment. We will also look at how we can encourage our students to use online support systems or other support systems that are in place.

USEFUL RESOURCES

Barnardos have developed a new resource for parents on helping your child deal with the changes associated with coronavirus. Their 'See, Hear, Respond support hub' has a number of useful resources:

<https://www.barnardos.org.uk/see-hear-respond-support-hub>

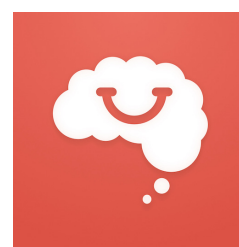
The following apps support well-being and our mental health, take a look at some of them:



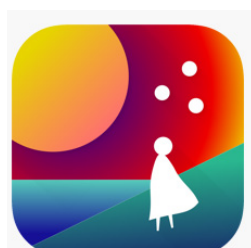
Mindshift



Wellmind



Smiling Mind



Fabulous



What's Up?

A reminder for parents/
carers if you are worried
about the well-being or
mental health of your child,
please contact:
wellbeing@wickersley.net