

SEMH Bulletin

Social, Emotional and Mental Health Bulletin April 2022



What do we do in school to promote good SEMH?



During the last Half Term, it has been wonderful to see so many of our students participating in school life—from going to a club, to playing in a fixture for the school, to learning a musical instrument and playing in our ensembles, to rehearsing for the school play, “Animal Farm,” to decorating “Gracie” our owl for the St Elizabeth Hospice trail this summer, to reading at the Easter Services, to working towards the Duke of Edinburgh Awards, to making a potato Harry Potter figure for World Book Day, to working with the Green Team, to being part of the student Council, to being a Peer Mentor, to being part of Student Leadership, to getting involved of the House Challenges, to being actively engaged in learning within the classroom.



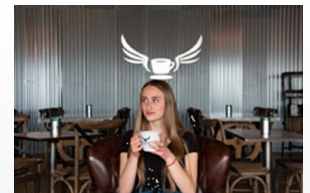
Having a sense of belonging is a recognized protective factor in promoting positive social, emotional and mental wellbeing.. As human beings, being part of our community makes us feel better so we continue to aim to foster opportunities in school where staff and students are valued and can get involved. The importance of relationships within school cannot be overstated. Dr Siegel writes, “ *Although we may think of, and treat relationships with one another as the icing on the cake, they are actually the cake.*”

As always we would be really interested to hear of other ways we could extend opportunities for students within school

Louise Ramsay

Read the Second Edition of **Look Out** by Rose Courteen, the Mental Health Student Ambassador.

This edition focuses on **Anxiety**.



What support is there for parents/carers?

While we will never have all the answers for you as parents/carers, we will aim to share with you strategies that may support your children or signpost on to other training/websites that may help. As such there are two specific events/sources of support to share with you:

1. At the high school, a Learning Together Evening for Parent/s Carers of Years 7 and 8
2. List of workshops being run by the Psychology in Schools Team .

Learning Together Evening 4th May at 7pm.

For Parents and Carers of Year 7 and 8 Students

There will be three workshops which look at different ways to support your children :

- * Keeping your child safe online
- * Understanding how to be support your child to learn and specifically recall factual information
- * Exploring ways to promote positive emotional and mental wellbeing




Psychology In Schools—A good source of support

The Psychology in Schools service provides services in Suffolk. The team works with schools and their students and parents. The team supports young people with a number of conditions. While based in a number of schools to the west of the county, they have developed staff and parental training/support online, which is outliving COVID.

The Summer programme is below. Sadly, you will have missed the workshop on How to talk to your children about the war in Ukraine. Should you wish to listen to a Podcast on this, please find a 45 minute session through the following link—[Talking to our Children about the war in Ukraine - Mental Health and You podcast - YouTube](#)

As parents and families we are likely to have been shocked about the devastating situation in Ukraine. Our children will be having conversations with us and others and trying to make sense of what is happening. So how do we talk to our children, who may be different ages and temperaments about this war; in a manner which helps them make sense of what is happening whilst not disproportionately increasing anxieties? In this episode Dr Beth Mosley (Consultant Clinical Psychologist) both mother and mental health professional, talks with Dr Kelsey Odgers (Clinical Psychologist) and Kelly (mother of two) about these dilemmas and some of the mistakes they might have made as parents during this time.



Supporting young people's mental health Parent/carer workshops April - July 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 60-minutes long and will be recorded so anyone unable to attend can watch the workshop.

How to talk to your children about the war in Ukraine
25 April – 18:00. [Book a place](#)

Supporting young people with anxiety
26 April - 18:00. [Book a place](#)
24 May – 19:15. [Book a place](#)
21 June – 19:15. [Book a place](#)

Supporting our young people to manage uncertainty
24 May – 18:00. [Book a place](#)

Supporting our children / adolescents with sleep (11+ years of age)
21 June – 18:00. [Book a place](#)


Supporting young people with low mood
26 April – 19:15. [Book a place](#)

Building understanding and supporting your child with Tourette's / Tics
20 June – 13:00. [Book a place](#)
20 June – 18:00. [Book a place](#)

Supporting your child to attend or get back to school
23 May – 13:00. [Book a place](#)
23 May – 18:00. [Book a place](#)

Building resilience: Managing the next steps
4 July - 18:00. [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



Working together
for better mental health

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 4: What Qualities do I need to do well in school and beyond?

Looking at aspirations for the future; qualities to ensure success in careers and within school life – i.e. why is education important; skills and qualities; links to future reference writing; management of time and money

Also Revision Skills sessions

Year 8—Unit 5—How can I be politically aware?

Looking at the importance of voting; understanding the political system in the UK; comparing the UK to the rest of the world; case study of a world organisation eg UN

Also Revision Skills Sessions

Year 9—Unit 4 : How can I take care of myself?(Sexual Health)

Looking at managing images online; the importance of family planning and contraception; promoting sexual health and understanding STIs

Year 10—Unit 4—How best to manage your money and online life

Looking at wants and needs linked to finance; taxation; pay ; interest rates and exchange rates; consumer rights and ethical trading; the importance of a positive digital footprint and keeping safe online after a relationship ends eg revenge porn

Year 11—Targeted revision



Attendance Update

The attendance and punctuality of students continues to be excellent despite the pandemic and rising COVID number in this last Half Term,. We appreciate our parent/carer body supporting the school. In this fundamental element of school life.

As a school we seek to listen, understand, empathise and support students who struggle to attend but ultimately our aim will be to find ways for the students to attend as non-attendance cannot be tolerated in the long term. As such we are delighted that Nadine Lusher, our Education Welfare Officer, is actively working with the pastoral team weekly to support families needing advice and strategies to get their children into school.

If you are 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

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.



Introducing the Chaplaincy Team

From February Half Term, the Pastoral Team has been joined by part time Chaplains, Rev Tracey James and Tim Warnock. They aim to support students through a variety of ways—from running clubs, to working on the Green Team, to coaching and mentoring specific students or groups of students. They also aim to work with work with and for the staff—their first Easter blessing being serving staff Hot Cross Buns before school, which was greatly appreciated. Their aim is to serve the local community in a relevant way. Being funded by their respective church communities.

Rev. Tracey James



Tim Warnock



Tracey is the Curate in the Debenham Parishes; she is a mother of two, and lives in the village. Having worked as a Chaplain within education previously, she brings much experience and interesting new ideas to the school.

Tim is the Youth Director at The Forge Church. He has three children and lives in catchment. Through his experience of youth work, Tim brings a different skills set to work informally with our students. He is currently completing training on coaching set up by The Mix. In Stowmarket