

SEMH Bulletin

Social, Emotional and Mental Health Bulletin June 2022



What do we do in school to promote good SEMH?

Understanding that being involved in something that is much bigger than ourselves is a positive way to promote good mental wellbeing, as a Student Council we have been looking at ways we can get actively involved in the local community.

Over the next Half Term we plan to support DebFest through music and selling raffle tickets; we will be teaming up with the Litter Picking group in the village led by Joy Walton to clean up the front of the school and the Leisure Centre area; we will be providing some musical entertainment and serving refreshments at The Debenham Project; and we will be planning alongside the Debenham Green Team ways to support the environment locally. One initiative will be working as part of a Citizen Science project which samples the water quality of the River Deben as well as being committed to the Big Green Week 24th September to 2nd October 2022. This will also involve working with the Eco Warriors at Sir Robert Hitchim Primary School.

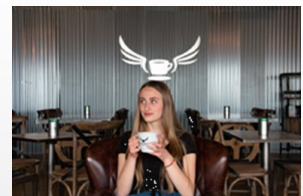
We would be very interested in hearing more about any projects you feel we could get involved in.

Louise Ramsay

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

This edition focuses on **Low Mood**.

As Rose reaches the end Of Year 11, I would like to thank her for her excellent work!



**Parent/
Carer Zone**



Information for Parents/Carers

The Mental Health Foundation have launched a campaign called Make it Count. Their aim is to ensure that the promotion of good mental health and wellbeing, along with support where there are issues, is central to any school life and policy making. As such they have prepared a leaflet for parents and carers which I have added into this bulletin.

While nothing particularly radical or new, this is a succinct way to present the information which will hopefully be helpful.

Please let us know of any other avenues of support we can share with other parent/carers.



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TUES

WEDS

THURS

FRI

MAKE IT COUNT.

**MENTAL HEALTH IS
NOT EXTRACURRICULAR.**



Mental Health
Foundation

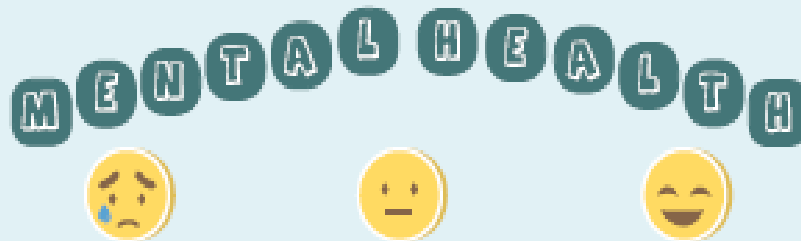
Guide for parents and carers

WHAT IS MENTAL HEALTH?

We all have mental health, just as we all have physical health. Being mentally healthy means that we feel good about ourselves, make and keep positive relationships with others and can feel and manage the full range of emotions. These can range from happiness, excitement and curiosity through to less comfortable feelings such as anger, fear or sadness. Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.

MENTAL HEALTH SPECTRUM

Mental health and mental illness are part of a 'spectrum' just as physical health and illness are. Throughout our lives, many different things can lead us to move up and down the spectrum such as the start or end of relationships, getting a new job or being made redundant, changes in physical health and good news or worries about those we are close to. It is important to remember that recovery is possible, even from severe mental ill health, and that people with a mental ill-health diagnosis may be managing their condition well and still experiencing high levels of wellbeing.



THE FIVE WAYS TO WELLBEING

It is often life events that are outside our control which can damage our mental health, and this is made worse if we feel powerless to do anything about them. One of the ways we can re-gain a sense of control and nourish our mental health is to remember the 'The Five Ways to Wellbeing' which have been found in research to improve mental wellbeing in children and adults (<http://www.economics.org/2008/10/five-ways-to-wellbeing-the-evidence/>).



TOP TIPS FOR HOW YOU CAN SUPPORT YOUR CHILD'S MENTAL HEALTH

Below are some ideas for how you can support your child, as well as some suggestions for where you can get further information.

DAY TO DAY . . .

Our everyday habits are important to our mental health, just as they are to our physical health. Here are a few suggestions to help your child develop good habits.



THINK ABOUT THE FIVE WAYS TO WELLBEING

Are there things you can encourage them to do, or do together, each day?



TALK OPENLY ABOUT MENTAL HEALTH

Just as you might encourage them to eat fruit and veg to keep their bodies healthy (and model this behaviour yourself), talk openly about, for example, staying connected with others or being physically active in order to take care of our minds.



MODEL GOOD HABITS

Children often learn from copying what they see around them. If you are taking care of your own mental health, it's easier for them to see what good habits look like.



THINK ABOUT PHONE USAGE - BOTH THEIRS AND YOURS

We don't fully understand the impact of social media on our mental health but using phones and laptops can impact on our sleep, which is important to our mental health. We're also more likely to listen to one another if we're not distracted by technology.



NOTICE ANY CHANGES IN YOUR CHILD'S BEHAVIOUR

Young people tell us how they're feeling in many ways, not always verbally. Learning what is normal for your child makes it easier to notice when things change, and if this might be a sign that they're struggling.

WHEN TIMES GET TOUGH . . .

Sometimes you might worry about your child's mental health. Whilst you might need to speak to a member of school staff or your GP for advice, here are a few things you can do if you're worried.



LET YOUR CHILD KNOW THAT YOU'RE CONCERNED

Explain why you feel that way, e.g. if you've noticed they haven't been interested in activities they usually enjoy.



USE ACTIVITIES THAT YOU DO TOGETHER TO HAVE CONVERSATIONS ABOUT HOW THEY ARE DOING

Talking whilst doing something together, side-by-side, such as cooking, can help them share their feelings more easily than a face-to-face conversation.



LET THEM KNOW THAT STRUGGLING SOMETIMES IS NORMAL AND NOTHING TO BE ASHAMED OF

Tell them about the mental health spectrum and that we all, including you, go up and down the scale throughout our lives. Reassure them that talking about difficult feelings with the people we trust is a brave thing to do.



LISTEN AND EMPATHISE

Often the first step to feeling better is feeling connected and knowing that someone is alongside you. Empathy helps young people (and adults) connect. Empathy involves acknowledging what your child is feeling, trying to understand things from their point of view and avoiding judgement. Empathy is usually more helpful than giving advice or trying to 'fix' their problem.



IF YOU'RE STILL WORRIED

Talk to a trusted member of school staff or your GP who can point you towards sources of help.

FIND OUT MORE ...

Use the resources below to find out more about mental health and wellbeing:

The **Mental Health Foundation** website has a useful A-Z of key mental health topics: <https://www.mentalhealth.org.uk/a-to-z>

Mind have a whole range of information and support information for children and parents on their website: <https://www.mind.org.uk/information-support/>

Young Minds provide useful information for young people and their parents about mental health, seeking treatment and the mental health system: <https://youngminds.org.uk/shop/publications/c-23/c-70/>

The **NHS** website is a useful place to find out about all kinds of illnesses, including mental health problems: <http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

Mind Ed for Families is a site developed by Health Education England and the Department of Education to help families understand and support their children, from parenting tips to getting help in a crisis. <https://www.minded.org.uk/families/index.html#/>

Headspace has some useful audio and video clips about different conditions and people's experiences, as well as some mindfulness resources. Here are a couple:

Anxiety: <https://www.youtube.com/watch?v=QuTEptphSFE>

Depression: <https://www.youtube.com/watch?v=LLCfQfa6GaQ>

PSHE Corner

Every week for 30 weeks of the year, students have a PSHE (Personal, Social and Health Education) lesson with someone from their Year Team—usually their Form Tutor. These do not run in this final Half Term.

Currently Miss Sanders, PSHE Co-Ordinator is reviewing the current schemes of work and re-drafting for September 2022. Following liaison with focus groups during the PSHE Review, there will be a greater amount of taught content in Year 11 from September.

At the beginning of the Autumn Term, all students in Year 10 will have a training session led by Student Life which focuses on better understanding mental health and wellbeing. There will then be the opportunity for those who are interested to train as Mental Health Ambassadors with supervision and support from Student Life and Kooth.

More details to follow.



Attendance Update



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.



Coming soon - Quiet Space

From the end of June, the Chaplaincy Team will be transforming part of the Boulter Room into a quiet space where students can relax away from the busyness of the school. This will allow time to read, colour, play quiet games. There will be staff available if students would like to talk but the main aim is to have that safe space.

Keeping Busy over the Summer Term

There is plenty of opportunity to get involved in clubs and activities within school over the Summer Term. From sports to music to drama and then some other activities in between, including the student's favourite, Just Dance.



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 – Summer 2022

	1.20 – 1.50		LUNCHTIME ACTIVITIES			AFTER SCHOOL ACTIVITIES			
	Activity		Year	Venue	Staff	Activity	Year	Venue	Staff
Monday	Boulders Cricket Basketball Computing Club Chess Club Games / Activities / Books Quiet Work Space Computer Work Room Year 7 Drop In		7 All 7 & 8 7, 8 & 9 All 11 10 & 11 All 7	Field Field Sports Hall Room 15 Room 30 Library Room 26 Room 20 Room 42	SP/VS KC/NM PH EG JF CJ MC AD SF-S	Athletics (4pm – 5pm) Tennis (After Half-Term) Homework Club Cookery Club (4pm – 5 pm)	All All 7, 8 & 9 7	Field Courts Room 2 Room 1 (Food Tech)	P.E. P.E. NR/LK BM
Tuesday	Just Dance Boulders Cricket Photoshop Games / Activities / Books Quiet Work Space Computer Work Room Year 7 Drop In Wind Choir		All 8, 9 & 10 All All 10 10 & 11 All 7 All	School Hall Field Field Room 9 Library Room 26 Room 20 Room 42 Music Room	NR SP/VS KC/NM KV CJ AD BD PH JD	Homework Club Homework Club	7, 8 & 9 10 & 11	Room 2 Library	LK/NR SMa/SMc
Wednesday	Knoball Table Tennis Cricket Rugby Games / Activities / Books Quiet Work Space Computer Work Room Year 7 Drop In Languages Blocket Club Art Club Lego Club		7 All All 7 8 10 & 11 All 7 7 7 7, 8 & 9 All	Sports Hall School Hall Field Field Library Room 26 Room 20 Room 42 Room 12 Room 6 Room 19	NM NR KC IT CJ MC DY JR JW LS KS/PH	Homework Club Homework Club Warhammer (3.45pm – 5pm)	7, 8 & 9 10 & 11 All	Room 2 Library Room 24	NR/LK LR/KC SR
Thursday	Just Dance Cricket Rugby Games / Activities / Books Textiles Quiet Work Space Computer Work Room Year 7 Drop In		All All 8 & 9 9 All 10 & 11 All 7	School Hall Field Field Library Room 8 Room 26 Room 20 Room 42	NR KC/NM IT CJ DK BD KS CW	Homework Club Homework Club GCSE Textiles Catch up	7, 8 & 9 10 & 11 10 & 11	Room 2 Library Room 8	LK/NR CS/ST DK
Friday	Darts Netball Badminton Cricket Games / Activities / Books Quiet Work Space Computer Work Room Year 7 Drop In		All 9 8,9,10 & 11 All 7 10 & 11 All 7	Room 42 Courts Sports Hall Field Library Room 26 Room 20 Room 42	DMc VS JW KC/NM CJ KC JF JS				