

SEMH Bulletin

Social, Emotional and Mental Health Bulletin September 2022



Looking Outwards!

As a school at this time of the year, it is good to be able to focus our attention on helping others. We are always very impressed by the generosity of our students and you as parents/carers.

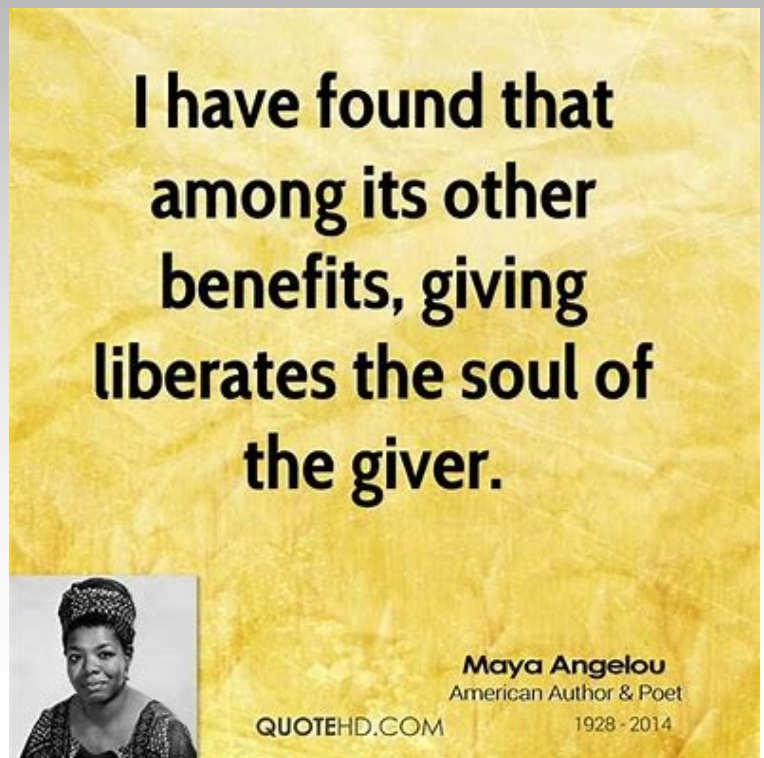
As part of our Harvest Festival, Years 7 and 8 brought in non-perishable foods to be sent to the Waveney Food Bank. Year 8 and 9 Charity Week this November is a further opportunity for student leaders to organise a range of activities and events to raise awareness of their chosen charities Help for Heroes and the Poppy Appeal as well as the chance to raise money.

With Christmas fast approaching, our Year 11 Student Leaders, along with the Student Council, will again be running a Reverse

Advent Calendar in which non-perishable foods, toiletries and accessories will be collected for FIND. This also allows a group of our students the chance to visit and help out at the Food Bank in Ipswich at the beginning of December.

We are aware that not everyone will have spare food or money to share but where this is possible, it is proven that to give not only helps others but has a positive effect on the giver as shown in the quote from Maya Angelou.

Should you wish to find out more about the Food Banks or Find, there are links below. Likewise these Food Banks are available should you need additional support at present.



Louise Ramsay

<https://waveney.foodbank.org.uk>



<https://www.findipswich.org.uk>





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 your 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- she is also ELSA trained so can support students with their social and emotional literacy.

Coming this November...

Young Carer Drop In—Thursday 17th November 2022



Young Carers can come to a Lunchtime drop in and meet with other young people who care for family members—whether actively or through being concerned. Helen Blight will be joining Mrs Keeble to lead the session. There will be activities , a chance for a chat and of course, snacks! Students who are registered as Young Carers with Suffolk Family Carers or those who self identified in our recent survey will be invited. They are welcome to bring a friend so that they feel comfortable.

Should you wish to find out more about this organisation, please follow the link below:

<https://suffolkfamilycarers.org/young-carers/>



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

Needing more support—The Next 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 November - December 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 live and 60 minutes long.

Top Tips for Managing Exam Stress for Young People and Parents

A workshop for parents and young people to provide guidance around exam season

14 November – 13:00 [Book a place](#)

14 November – 18:00 [Book a place](#)

Supporting our Young People with Self-Harm

This workshop aims to develop parents' understanding of self-harm and will cover: "What is self-harm?", "Why does self-harm happen?", and "What can I do to help?".

15 November – 18:00 [Book a place](#)

Supporting our Young People with Anxiety

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

15 November – 19:15 [Book a place](#)

Supporting our Children and Adolescents who have experienced Trauma

This workshop is for parents and carers of young people who have experienced trauma.

12 December – 13:00 [Book a place](#)

12 December – 18:00 [Book a place](#)

Supporting our Young People with Eating Difficulties/Disorders

A workshop for parents to help them look out for and understand what to do if their child is struggling with eating

13 December – 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



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 2: How can we be safe in our body and mind?

With lessons on First Aid; understanding online safety, especially around cyberbullying, managing their online reputation and the importance of being kind and safe when using social media

Year 8—Unit 2 : How to manage growing up in a family

Considering what a family is—how there is no one size fits all in family life. To explore changes that families may face, such as moving home; the birth of a sibling; divorce; step parents/siblings; bereavement. Throughout the focus in on how to manage these changes; an acceptance than even when hard, we can cope with support

Year 9—Unit 2 : Relationships: Sexual health—How can I take care of myself?

Beginning with the assumption that most young people will have a sexual relationship as an adult, or even before. Considering how to be safe in these relationships i.e. around using social media; contraception and understanding that this prevents both pregnancy and STIs

Year 10—Unit 1—Health and wellbeing : Respecting Ourselves?

-Unit 2—Relationships—Family Planning and Parenting

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— Opportunity for spotlight on revision/Study Skills

- Spotlight on Consequences and safe relationships

With Year 11 Mock Examinations, there will a break to study in PSHE. Just before Christmas there will be two sessions looking at managing consequences as well as the importance of healthy relationships in preparation for “party season”

On the next page there is a copy of our Five Year Learning Journey for PSHE



Attendance Round Up!

Attendance rates are very good at Debenham High School.



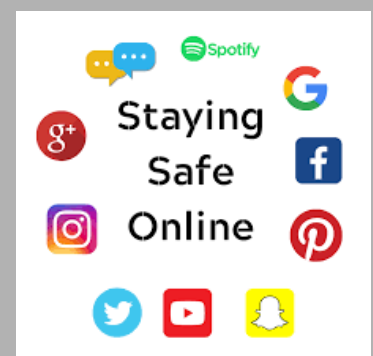
Attendance at school directly impacts on the opportunities our young people have going forward—from GCSE results to establishing positive working routines, being in school is very important.

With the exception of medical issues or specific learning needs which need to be supported through liaison with other agencies or alternative providers, we expect students to attend regularly. Our aim is 95% in line with that of the Department for Education.

Thank you for your part in this .

How can you help further?

- Promoting the importance of going to school
- Seeking support where your child does not want to attend school
- Limiting disruption to your child’s attendance eg making medical appointments in school holidays where possible; avoiding term time holidays



DHS PSHE Learning Journey

