

# SEMH Bulletin

Social, Emotional and Mental Health Bulletin February 2023



## Celebrating Diversity and Inclusion February 2023

Between 6th and 10th February we held a Diversity Week at school. The aim was to raise awareness of diversity in our school and local community so that as adults and young people we are better prepared for living in modern society. It was the chance to celebrate individuality and difference while also celebrating those things that are common to us as human beings.

### It's as easy as A. B. C.

Using the acronym ABC, students and staff were encouraged to Accept all people; Be allies to those who are not always equally represented and finally Celebrate each other as individuals.

### Events to build Tolerance and Understanding

Within school there was a timetable of events through the week. It was clear that to enable inclusion of all we need to better understand each other and look to lift each other up rather than put each other down.



As students heard from Manwar Ali, a former Jihadist who now works for the Home Office as an Intervention Partner as he explained the importance of British Values of Democracy; Rule of Law; Tolerance and Respect as well as Individual Liberty. Year 8 were able to meet people talking about how their faith/beliefs affects them—there were people speaking from Christianity, Judaism, Islam and Buddhism. Year 9 took part in a carousel where Manwar Ali shared how being a Muslim influences him; Lily Hammond, a local artist

shared her life story as a black artist in Debenham—showing the students her work on a mural at the Waterfront in Ipswich as well as colouring books of black women and activist. Andy Fell also shared the work of Outreach Youth. Along with this, Years 7 and 8 heard about the impact of the Windrush on lives in Suffolk.

### No Pigeonholing

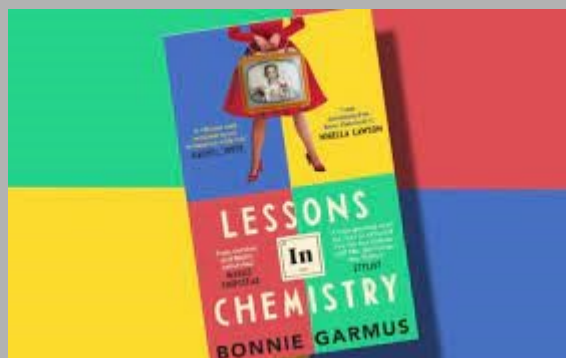
So while we celebrated people from, different faiths; gender; ethnicities, we also thought about the importance of all being represented equally and so each individual being able to be themselves. This is an important part of our School Vision.

As part of my assembly to the school I shared an inspirational message held in a recent novel I read, “Lessons in Chemistry” by Bonnie Garmus. In this fictional book set in the 1950s in the USA, a chemist, who happens to be a woman, faces prejudice and misogyny at every turn.

Eventually, she uses the “slot” she is given to host a cookery show on afternoon television for housewives to challenge thinking. I love this extract from the book—“...no more allowing anyone to pigeonhole you into useless categories of sex, race, economic status, and religion...Design your own future....”

Definitely food for thought as we enter the Spring!

Louise Ramsay



## 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 3: How to keep healthy/ Unit 4 : Looking forward to my future

*With lessons on changes in puberty that affect us both physically and emotionally; looking at diet, hygiene and exercise as well as making good decisions to be healthy and safe re road safety, sun and cold weather safety*

### Year 8—Unit 4: How can I be safe and healthy—Drug and Addiction Awareness

*Year 8 will be looking at the idea of addiction—the majority of the unit allows students to safely talk about and research the effects of drugs that can be taken. All students will work towards a presentation to teach others in the class. There is also a lesson looking at online gambling.*

### Year 9—Unit 3 : Making the right decisions—how to look after our bodies and minds/Unit 4—Crime and Anti Social Behaviour

*With Year 9 Exams in January and the Options process beginning, time will be given in PSHE develop study skills and think through Options Choices. Unit 3 will begin with a look at how to positively look after emotional and mental health and then looking at mental ill health including depression, anxiety , self harm and eating disorders.*

*The unit on crime and anti social behaviour will include lessons on gangs and county lines.*



### Year 10—Unit 2—Human Rights

*There will be a re-cap of the importance of human rights and then consideration of some key issues, such as radicalisation and extremism; forced marriage; honour based violence and female genital mutilation as examples of peoples' right being abused.*

### Year 11— Examination preparation and Private Study

*All students will have the chance to learn about good ways to balance study and other important aspects of their lives. There will be revision tips and also some much needed space in the school week to complete private study*



### Preventing Online Radicalisation and Extremism

Please find attached a flyer for parents/carers courses on preventing extremism and radicalisation

### Spotlight on ELSA



For some students there is the need for specific teaching and support around their emotional literacy. As such Lorraine Keeble, Natalie Rendell and Michelle Mottram are trained as Emotional Literacy Support Assistants.

Currently they are working with eight of our students once a week . They meet with the students and seek information from staff and parents/ carers to help co-write some targets. They then work on these in a very low key way—playing games and talking using resources provided from the Psychology In Schools Team.

As ELSA is a recognised intervention used in schools in Suffolk, they are part of a wider network being able to share ideas and benefit from supervision.





## 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 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) and Michelle Mottram (TA)

## Young Carer Drop Ins



Working in partnership with Suffolk Family Carers, our Young Carer Drop Ins are up and running.

On 2nd February there was an excellent turn out. Students had the chance to talk together, eat snacks and play games with Jess Searle and Lorraine Keeble. It was also lovely to welcome back into school an ex student, Rachel Maidstone, who now works with the Primary School age Young Carers

Future dates for the Drop In will be :

21st March

19th April



## 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](mailto:lramsay@debenhamhigh.co.uk)

## Talking SEMH Forward at DHS

### Mentally Healthy School Award

The Mental Health Team have signed up to work towards a Mentally Healthy School Award. This will encourage us to review the school's provision critically as well as hone that which we already do well. This will be very much a team effort and one we look forward to working with parents/carers as well.



### Getting our Staff and Students Trained to help...

In January 2023 eight staff were trained as Mental Health First Aiders. Richard Stewart from Student Life led the training. We are committed to training eight or more staff again in July. Along with staff Student Life and Kooth are working to train a group of Year 10 students who will be our Mental Health Ambassadors.

At the end of January the Mental Health Ambassadors met some of the staff for a breakfast and to discuss our next steps. The plan is to open a Drop In at Lunch Time once the Ambassadors have received more training.

### Future Events:

Staff and Governor CPD—2nd May 2023

**“Working with Dr Hazel Harrison : Perma 2.0– A Fresh Perspective on Wellbeing ”**

For Parents/Carers—27th June 2023

**Wellbeing Conference with Dr Hazel Harrison as keynote Speaker.**



## Helping with Research

# EBPU

## Evidence Based Practice Unit

A partnership of



**Anna Freud**  
National Centre for  
Children and Families

Our school is an official Research Partner in the Education for Wellbeing programme.

We are working in partnership with the Evidence Based Practice Unit (Anna Freud National Centre for Children and Families and UCL), which has been commissioned by the Department for Education. Together we are investigating the impact of five innovative approaches that aim to promote pupil wellbeing.

This cutting-edge research trial is the largest of its kind in the UK. Our contribution will improve understanding of how best to support children and young people's mental health and wellbeing.

