

SEMH Bulletin

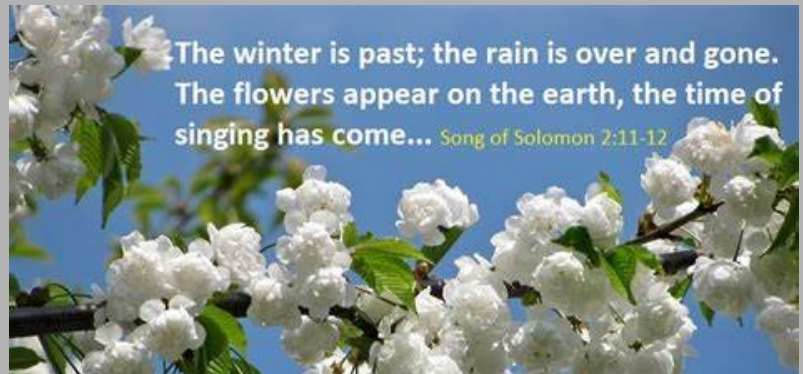
Social, Emotional and Mental Health Bulletin April 2023



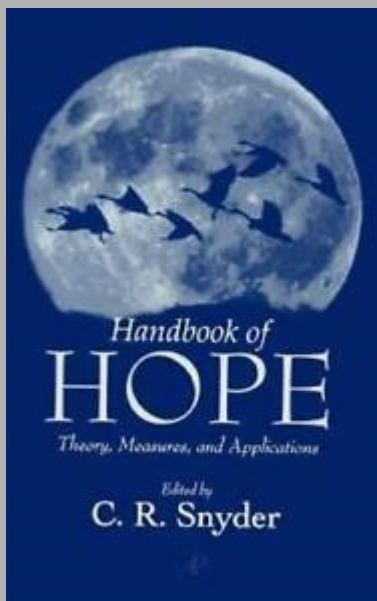
The Hopefulness of Spring...

As we now enter the Summer Term, it is so uplifting to be getting up and coming home in daylight. On walks out and about at Easter it was lovely to see the plants growing and new life with lambs in the fields.

Spring brings with it hopefulness.



Hope is a way of thinking or a state of being that we can develop and teach ourselves. Hope has depth and is very distinct from wishful thinking as hope involves taking action toward a goal, while a wish is out of your control. It requires optimism and willpower.



An American Psychologist, Charles Snyder has a Hope Theory. His Hope Theory is based on there being three elements to being hopeful— firstly, having a goal; secondly, having agency (willpower) to meet your goal; believing that good things will come from your actions; and finally, having pathways, i.e. various routes to meet your goal. Accepting there will be roadblocks are inevitable so alternative routes may need to be sought.

While quite obvious, I like the positivity of this approach—the fact that we need to CHOOSE to be hopeful. Perhaps getting into these good habits now will help us when the bad weather reappears!

Certainly the research shows that there are huge benefits to being hopeful, including general happiness and resilience. So well worth thinking about!

To further help with positive psychology, please read through the details on the next page of a Wellbeing Evening at school on 27th June with a Keynote speech from Dr Hazel Harrison

Louise Ramsay

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.



Wellbeing Conference 27th June 2023

For Parents/Carers

Keynote speech by Dr Hazel Harrison

PERMA 2.0: A Fresh Perspective on Wellbeing

Come and discover the latest advancements in the field of psychology with an update on the PERMA model. We will expand on the original five elements of Positive emotions, Engagement, Relationships, Meaning, and Accomplishment, to provide a more comprehensive understanding. Dr Hazel Harrison will share the most up to date research on happiness and wellbeing and provide practical strategies for incorporating PERMA 2.0 into your daily life and to the lives of students.

As well as being a parent of two students at Debenham High School, Hazel is a Clinical Psychologist who has, in her words, “...a very big mission to bring Psychology out of the clinic and into everyday life.” She founded Think Avellana in 2015 to share the evidence based tools that she had been using in her work as a Clinical Psychologist for the NHS. She is committed to giving everyone access to the knowledge they need to take care of their mental health all the time, not just when there is a problem.

ThinkAvellana is based in Suffolk, England—you can find out more about ThinkAvellana through Hazel's website—<https://www.thinkavellana.com>



PSHE Corner

Every week students have a PSHE (Personal, Social and Health Education) lesson with someone from their Year Team—usually their Form Tutor.



Safety Online

Please find attached our latest newsletter looking at how we can best promote safety online

Currently these topics are being taught :

Year 7—Unit 4 :Looking forward to Careers; Unit 5—Britain—A Diverse Country

Students will complete Unit 4 looking at the skills and qualities they should be developing in school and outside of school to help them when they later come to apply for jobs. Then in Unit 5 students will consider the advantages of living in a diverse society and how we should celebrate difference as well as what it means to be British.

There will also be the chance to squeeze in a session or two on Study Skills in preparation for their Exam Week

Year 8—Unit 5: Politics and Government

Year 8 will be looking at politics and government—the way our political system is structured in Britain; the importance of democracy. There will also be the chance to look at the work of other global organisations such as the United Nations and NATO

There will also be the chance to squeeze in a session or two on Study Skills in preparation for their Exam Week

Year 9—Unit 4—Crime and Anti Social Behaviour/ Unit 5—Looking After Yourself and Your Money

Unit 4 considers on crime and anti social behaviour , including lessons on gangs and county lines. Unit 5 looks at the safe way to get a job now as well as how to manage a budget

Year 10—Unit 4— Managing Money and your Reputation online

Students will re-cap on their Year 9 work on budgeting; they will also look at taxation, National Insurance; interest rates and a final review of the importance of a positive digital footprint when it comes to future careers

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

Spotlight on SP2B and Homework Club

Support is available in school at either ends of the school day.

SP2B

Every morning Safe Place to Be is run in the Resources Centre. This provides a quiet space where students who need a gentler start to the day can come before school begins. Games are available and a space to talk.

Homework Clubs

After school Monday to Thursday there are two Homework Clubs—a KS3 and KS4 Club. Both provide a quiet pace and access to computers to complete homework.

KS3 meets in Room 20

KS4 in the Resources Centre.



SEMH Support within school

We continue to have a range of opportunities to support our students:



- Form Tutors and Heads of Year are a constant point of contact—there are also assemblies, special events and weekly PSHE lessons
- Our Talk Therapist, Stella Hanson is in school Monday and Friday mornings for referred appointments
- Lisa Jaynes, School Nurse, runs a Drop In on 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), Michelle Mottram (TA)



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

Suffolk Family Carers

During Young Carers Week...it was great to welcome Suffolk Young Carers to the school to raise awareness of their work. They shared information...and donuts that were kindly donated by Greggs. It was a positive opportunity for our students to learn about additional support available for those who are Young carers.

Our Drop Ins continue to run each Half Term in school!



For more information visit:
www.suffolkfamilycarers.org

TGSA

The Trans Gay Straight Alliance meet every Friday—this is an inclusive group who meet on a Friday lunchtime. Outreach Suffolk have supported the establishment of the group; staff and students are now working to use the group both as a social space and a way to promote inclusivity in the school.



Check out the fabulous display they created for LGBTQ+ Month in February.

Coming Soon... May 2023

Charity Event hosted by TGSA in aid of a range of charities linked to the celebration of diversity



Getting Involved

As the weather improves, now is the time to get involved in our amazing offer of extracurricular clubs—there should be something to suit most students. However if we are missing something, come and talk to one of us!

EXTRA CURRICULAR CLUBS AND ACTIVITIES – Summer 2023

1.20 – 1.50	LUNCHTIME ACTIVITIES				AFTER SCHOOL ACTIVITIES			
	Activity	Year	Venue	Staff	Activity	Year	Venue	Staff
Monday	Year 7 Drop In	7	42	SMK	KS3 Homework club	7,8,9	20	SFS
	Philosophy and Current Affairs Club	All	31	AH/EL	KS4 Homework Club	10,11	Library	CFJ
	Chess Club	All	30	JF	Computer Club	7,8,9	15	EG
	Drama Club	7	Drama Studio	MH	Cookery Club	7	1	BM
	<u>Rounders</u>	7	Field	SP				
	<u>Cricket</u>	All	Field	KC				
	<u>Quiet Space</u>	All	Boulter Room	SFS				
Tuesday	Year 7 Drop In	7	42	TBC	KS3 Homework Club	7,8,9	20	SFS
	Textiles Club	All	8	DK	KS4 Homework Club	10,11	Library	CFJ
	Arts and Crafts Club	7,8,9	6	LS	<u>Classical Civilisations</u>	9	4	JR
	Wind Band	All	Drama Studio	JD				
	String Choir	All	41	PS				
	Running Club (1.10 – 1.40)	All	Outside PE Office	MG				
	Sports Hall Games	7, 8 GIRLS	Sports Hall	NM				
	<u>Cricket</u>	All	Field	KC				
	<u>Rounders</u>	8	Field	SP				
	<u>Quiet Space</u>	All	Boulter Room	TJ				
Wednesday	Year 7 Drop In	7	42	SMK	KS3 Homework club	7,8,9	20	LK
	STEM Club	7,8	21	AF	KS4 Homework Club	10,11	Library	CFJ
	MFL Book Club	All	Library	ED				
	Photoshop	All	15	KV				
	Lego	All	19	KS				
	Tennis	All	Tennis Courts	NM				
	<u>Cricket</u>	All	Field	KC				
	<u>Quiet Space</u>	All	Boulter Room	JS				
Thursday	Year 7 Drop In	7	42	TW	KS3 Homework club	7,8,9	20	LK
	Pop Choir	All	41	SR	KS4 Homework Club	10,11	Library	CFJ
	Sports Hall Games	7,8 BOYS	Sports Hall	KC	Young Enterprise	10	11	JW/DF
	<u>Cricket</u>	All	Field	NM	Warhammer	All	24	<u>SRo</u>
	<u>Quiet Space</u>	All	Boulter Room	TJ				
Friday	Year 7 Drop In	7	42	KS				
	Polyglot Club	All	16	HG				
	Jazz Band	All	41	WR				
	<u>Rounders</u>	9,10	Field	SP				
	<u>Darts</u>	All	42	DM				
	<u>Badminton</u>	All	Sports Hall	<u>JW</u>				
	<u>Quiet Space</u>	All	Boulter Room	SFS				