



WELLBEING Newsletter

Summer 2024

Welcome to the second instalment of the St Mary's CE Middle Wellbeing Newsletter. Over the last few weeks St Mary's have been focusing on the wellbeing of their staff. Year 5 pupils have also taken part in the NSPCC 'Stay Safe Speak Out' program.

Year 5 NSPCC Program

This program includes our year 5's learning about their rights, what's ok and not ok, and what to do if they are ever worried or scared.

<https://youtu.be/pKbayl-kMIc?si=l8OQyG5mxEEYMI7K>



Staff wellbeing

This term, we have been looking at staff mental health and wellbeing. Staff have been enjoying the creative outlet of Pottery classes, with our very own Art teacher Mrs Moore.

Staff are very grateful for the relaxing Yoga sessions that Miss Chantrell has been running.

Ensuring all students can manage their wellbeing effectively is crucial for both their academic success and long-term life satisfaction. Through addressing things like stress, mental health, physical health and creating an environment where students can be educated safely, students can then thrive both academically and personally.



Walk your way to better health

- Group walks** can help tackle loneliness
- Walking makes you feel **healthier**
- 30%** less likely to feel depressed through regular physical activity
- Walking is **free**
- Doing a little exercise like walking is scientifically proven to make us feel happier
- 10,000** recommended daily number of steps
- 30 minutes a day 5 days a week** of walking will improve your heart and lung health
- 1 mile** of walking burns up to 100 calories
- Morning walks** help you feel more energised for the day
- Walking is one of the easiest activities to fit into your everyday life
- A short walk every day has the potential to increase productivity by up to 30%
- 150 minutes** of physical activity such as brisk walking on a weekly basis is what we should be aiming for
- It requires **200** muscles to take one step
- 50 extra calories** can be burned just by standing
- 10 minutes** of brisk walking can benefit people with high blood pressure
- Walking** is one of the easiest ways to get more active and lose weight
- SCAN ME QR code

LiveWellDorset

Support that the wellbeing team at St Mary's can sign post students to include:



dorsetyouth.com/young-people-homepage



Dorset Mental Health Support Team in Schools

YOUNG MINDS
fighting for young people's mental health

Relate
Dorset and South Wiltshire



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Support for Inter-Parental Communication

FREE support available for one or both parents

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?

If so, then the SIPCo project could help.

Whether you are with your partner or have separated, are an LGBTQ+ parent, a parent in an extended family, or any other group, we are looking for parents and carers who live in Dorset, BCP (Bournemouth, Christchurch and Poole) and Bristol.

You will be allocated either relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or online support. A local practitioner will help you access the online support resources, which can be used at your own pace.

The project is trying to compare the two types of support, so parents will be provided with one or the other. We expect both kinds of support to be helpful for families.

In the relationship therapy sessions (which will take place online), a therapist will help you and your partner/ex to communicate better, while the online resources are programmes that you will work through at your own pace with the support of a locally trained professional.

If you are interested, please get in touch using the details below.

Dorset:
Simone Kettle
01305 224256
relationshipsmatter@dorsetcouncil.gov.uk
Visit the SIPCo page at dorsetcouncil.gov.uk

Bournemouth, Christchurch, Poole (BCP): Jessica Lanham
07423 782590
relationshipsmatter@bcpcouncil.gov.uk
Visit the SIPCo page at bcpcouncil.gov.uk

Bristol:
Gina Pazienza
07721 635376
relationshipsmatter@bristol.gov.uk
Visit the SIPCo page at bristol.gov.uk

A Randomised Controlled Trial funded by the Youth Endowment Fund to help parents to reduce their conflict.



LGBTQ+ Support



Eli, from the SPACE Youth Project, visited a group of pupils from KS3.

After pupil feedback we will be looking to support students further with a Diversity and Inclusion group within St Marys. Going forward we will let you know what this looks like.

spaceyouthproject.co.uk

'We aim to support young people who are or may be LGBTQ+ and empower them to have positive self-esteem, to know they are supported, to have a sense of community and to overcome issues caused or intensified by prejudice in order to facilitate freedom of expression.'

Tips for helping children stay safe online

'Self-generated' child sexual abuse material (CSAM) has been the subject of research that PIER (Policing Institute for the Eastern Region) have just finished on behalf of the Internet Watch Foundation. 'Self-generated' CSAM are images and videos which are taken by children and then shared .

Some of these images end up being distributed, sometimes sold, on the open and dark web by those with a sexual interest in children. The apps our children use, such as Snapchat and TikTok are also used by perpetrators to talk to children and groom them into sharing sexual images. This is a serious safeguarding issue, with wide-reaching consequences that we all need to learn more about.

PIER and IWF have written a blog post for parents about how they can better understand their children's online world and its risks. The blog post can be found here:

<https://www.iwf.org.uk/news-media/blogs/tips-for-helping-children-stay-safe-online/>

The Safer Schools Team came into school and held 2 assemblies (key stage based) with a focus on Online Safety. Are you fully aware of what your child is accessing online?

Coming soon... targeted support program, called Wellbeing HUB. Watch this space!



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An introductory assembly for our upcoming Year 7's has been put in place for September to introduce Kooth. This is to show students the support that the organisation can offer, and reiterate the important messages to our Year 8 Students.

<https://www.kooth.com>

Well-being for those in school transitions

The enhanced Transition sessions, with Mrs Edwards and Mrs Orr went well in setting the children up for a smooth as possible transition to their new class/ school. We will continue support in September but for those moving on, we wish them all the best.

SKILLS & LEARNING
Adult Community Education

Got an hour to spend to help your child?

Moving from primary to secondary school is a big change for children...
It can leave them feeling **anxious and worried** all through the summer holidays and this doesn't give them the best start at their new school



To support parents, carers and grandparents, we've created a webpage full of **useful resources** including a short video that answers your questions on how you can help your child through the change from primary to secondary school.

Scan the QR Code and answer a few questions to get **FREE** access to the Dorset Family Learning Successful School Transitions webpage.

Give us an hour to help you help your child...
Scan the QR code today!
Or go to:



skillsandlearning.nhs.uk/SuccessfulSchoolTransitions



Meet Bowie, The school Therapy dog. Who along with Sue has been coming into school to meet with a few students and provide support with their reading and wellbeing.



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Safeguarding

The designated lead for Safeguarding at St. Mary's is: Mrs Becca Ross



The deputy leads for Safeguarding at St. Mary's are:



Mr Matt Tubb



Mrs Fiona Orr



Mrs Lucy Edwards



Miss Laura Osborne

Should you have a concern over the welfare of a child at St. Mary's, please contact the school office and ask for one of the five safeguarding leads to contact you as soon as possible.

If you have concerns over any child's safety, you can also contact the **Children's Advice and Duty Service (ChAD)** on 01305 228866 (Parents) or 01305 228558 (Professionals).

<https://www.dorsetcouncil.gov.uk/children-families/worried-about-a-child>

If your concern for a child's safety is urgent, you should contact the Police on 999.

Supporting Young People and mental health

If you or someone you work with needs a listening ear, there is always someone to talk to:

- Call Samaritans free on 116 123 or email jo@samaritans.org
- Call NHS Connection, Dorset's mental health helpline, on 0800 652 0190
- Text SHOUT to 85258

<https://www.publichealthdorset.org.uk/supporting-young-people>



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At St Mary's Middle School, we feel it is crucial to work with our parents and external agencies that support schools and young people, so that we can offer a safe environment allowing children to be aware of the risks they may face and how to respond to them safely.

Safeguarding and promoting the welfare of children is everyone's responsibility

The St Mary's safeguarding team has expanded and now has one Designated Safeguarding Lead (DSL) and four Deputy Designated Safeguarding Leads (DDSL). These members of staff have enhanced safeguarding training and have a vital role in taking lead responsibility for child protection issues inschool. A DSL is always available during school hours for pupils, parents and staff to discuss any safeguarding concerns.

Mrs Edwards and Mrs Orr continue to support pupils and their families in their role as Senior Wellbeing TA. Both of these members of staff are ELSA trained.



Parents to be aware of Snus (pronounced snoos) an oral smokeless tobacco pouch which is usually placed behind the upper lip. These are easily purchased online and are presented in brightly coloured tins, similar to slime and putty.



As a school we value your opinion and want to provide relevant and informative content in order to support our students and families in the best possible way. If there is any information in particular that you feel would be beneficial or useful please contact us with your suggestions.

Contact: office@stmaryscemiddle.uk