

WELCOME TO OUR 2ND PERSONAL DEVELOPMENT NEWSLETTER

We aim to develop students to become responsible, respectful and active citizens who are able to play their part and become actively involved in public life as adults.

Through our curriculum, assemblies, wider opportunities, visits, discussions and literature, we develop and deepen students' understanding of the fundamental British values of democracy, individual liberty, the rule of law, and mutual respect and tolerance. We promote equality of opportunity so that all students can thrive together, understanding that difference is a positive, not a negative, and that individual characteristics make people unique.

Please encourage your child to attend the wider curricular activities that we have on offer for them.

<https://www.boteler.org.uk/bwc/>

As part of raising students awareness of Post 16 opportunities we have had various events take place including: Visits to Chester University, Engineering talks, A Careers fair with 26 exhibitors and Year 10 pathway mentoring with Higher Horizons. This week we have had the Civil Engineer Industry Careers Promotion Mobile Simulator on site. Students have been given the opportunity to learn about the construction industry and to use the simulator during their DT and Science lessons. It is a box trailer containing activities relating to construction including VR sets for driving and using machinery along with some hands on elements. Please use the following link to see if you would like a career in construction.



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<https://www.goconstruct.org/construction-careers/what-jobs-are-right-for-me/#>

Cyber event – Cheshire Police

Andrew Kevan from Cheshire police will be visiting school on Thursday December 14th to deliver a Cyber event to all students in one hour long assemblies. The input follows his investigation of Lloyd, a 14year old boy who was arrested for indecent images and cyber bullying of students in his own school. The input shows the investigation, how social media works, and how data is stored and captured indefinitely. He covers the mindset of the adolescent, and includes some psychology as to why children behave as they do online. He will explain how the students can find support, and what actions they can take to protect themselves.

KOOTH Workshops

On Friday 15th December students from the Wellbeing council and LGBTQ+ council will be taking part in workshops on mental health with Emily from KOOTH. She will look at strategies for coping with mental health and will discuss the forums available to all our students on the KOOTH website.

Christmas Jumper Day

Thursday the 21st December will be our Christmas Jumper Day in school. We will be taking donations and loose change for "Save the Children".



Wellbeing Council: What have we done during term 1

- For world mental health day our school took part in the 'get Britain talking' campaign, where we encouraged staff and students to write down or talk about things on their mind and how they are feeling. We also held a Wellbeing drop in for all student's where the school nurse and our safeguarding officer were available for support; alongside activities to promote mindfulness and wellbeing.
- During our open evening the wellbeing council ran a popup stall that promoted different mindfulness strategies and allowed members to talk to year 5/6's students about worries and types of support at school.
- Students are encouraged to attend a Friday lunch time mindfulness yoga club, in order to teach emotional regulation and a calm mind and body.
- The wellbeing council are currently in the process of creating a sleep hygiene workshop, in order to host a drop in session to encourage other students to practice healthy sleep habits.
- We host drop in wellbeing lunch groups, every two weeks for any student who needs a safe place to talk about their thoughts and feelings and gain support from members of staff or peers.
- Mindfulness training for key member of staff to deliver to whole school.

LGBTQ+ Council: What have we done during term 1

During this last term, the LGBTQ+ council have been busy discussing ways in which we can raise awareness of LGBTQ+ issues, especially around transphobia. For Transgender Awareness Month, we worked with Mrs Butcher about PowerPoint content and finding appropriate videos to be shown and discussed during PD lessons. The videos aim to show the reality of what transphobia brings, and the absolute importance of acceptance. Transgender Awareness Month is an important celebration of the transgender community. This month gives people the opportunity to educate themselves and others about the experiences of transgender and gender non-conforming people, and to advocate for increased acceptance and inclusivity of all gender identities. The month is centered around educating people about the transgender community, raising visibility of transgender people, and advocating for their rights.

For International Pronouns Day, staff were invited to have a photo of themselves holding a sign showing their pronouns. This is to raise awareness that we ALL have pronouns – regardless of how we identify. A video montage was put together and put on social media.

We also have introduced school pronoun badges. Should a student choose to, they are able to wear a pronoun badge so others can easily know their pronouns. Badges are available from Miss Roberts in the Art Department. Anybody can wear a pronoun badge. What this also does is show our support to the trans community.

Sir Thomas Boteler Church of England High School would like our LGBTQ+ community to know that our school is a safe space for you. We see you, and if you are experiencing any challenges; please talk to us. We are always here to support you.

Mental health support

Mental Health, for many, is always a difficult subject to talk about and many struggle to come to terms with and/or open up about their struggles including day to day issues. It can be a dark place at times, but there is help out there!

Ideally going to your GP would be a first point of call, or if in an emergency call 999.

Here is a list of a few helpful services, who are just on the other end of the phone, or if you don't want to speak direct, there's some services which you can 'speak' via text, if you feel it's easier. See the links below and to the right.



HOPELINE247: For children and young people under the age of 35 who are experiencing thoughts of suicide and/or For anyone concerned that a young person could be thinking about suicide

if you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.

Call: [0800 068 4141](tel:08000684141) Text: 07860039967 Email: pat@papyrus-uk.org

Young Minds: We're the UK's leading charity fighting for children and young people's mental health.

We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

CALM: The Campaign Against Living Miserably (CALM) is leading a movement against suicide. You can talk to CALM about anything. Call the CALM helpline on 0800 58 58 58 or use their webchat [here](#).

The helpline and webchat are both open 5pm to midnight, 365 days a year.



Headspace: Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.



Giveusashout: Shout 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night. If your life is at imminent risk, please call 999 for immediate help.

USEFUL LINKS

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline helps anyone under 19 with any issue. Childline is free, confidential and available any time, day or night.



Are you worried about online abuse or the way someone has been communicating with you online? [Make a report](#) to CEOP.



Do you think a crime has been committed? Your local police force will be able to help you.



Samaritans.org - Whatever you're going through, a Samaritan will face it with you.



Mental health services are free on the NHS. See your GP to find out about the services available to you.