

OUR WELLBEING NEWSLETTER | SEPTEMBER 24

MENTAL HEALTH AND WELLBEING LEAD: MRS J CHILTON JCHILTON@BOTELER.ORG.UK

SEMH LEAD: MISS V GIEBKA VGIBKA@BOTELER.ORG.UK



Welcome back to a new academic year.

We have enjoyed welcoming our new Year 7 Students into the Boteler Family and we hope they have made a happy and healthy start.

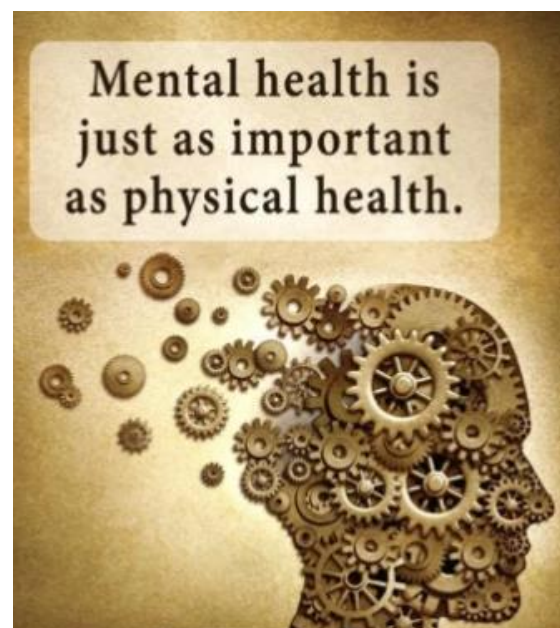
At Sir Thomas Boteler Church Of England High School we take Mental Health and Wellbeing seriously and we recognise that Mental Health is just as important as our Physical Health.

We have a dedicated Team of Well Being Ambassadors who are expanding and recruiting more students to help. The role of a Well Being Ambassador is important as it ensures student voice is heard and actioned in our school.

Weekly meetings take place and the Ambassadors work tirelessly looking for ways to ensure students are supported with their mental health and know where to go if they need help or support.

Our focus since starting back has been around promoting wellbeing and letting students know how they can have their say and have their voice heard.

We will be updating via our Newsletters of all the fantastic work we have been doing ... so please keep a look out and enjoy!





Meet the Current Team:

Piotr Jezierewski – Year 8
Ashlea Carman – Year 11
Joshua Breakell – Year 8
Kiera Bowers – Year 8
Amira Blackwell – Year 8
Ioana VasIU – Year 8
Sara Chauhan – Year 8
Aiman Khan – Year 9

New Recruits:

If you would like to join our Team please speak to your form tutor

If you have put your name down then we will see you on Tuesday!

YOUR VOICE MATTERS

IF YOU HAVE ANYTHING YOU
WANT TO SAY - POST IT HERE...



BY THE
PASTORAL
OFFICE
UPSTAIRS -
END OF
ENGLISH
CORRIDOR

USE THIS POST BOX TO TELL US HOW YOU FEEL, ASK FOR SUPPORT, REPORT SOMETHING OR JUST TO HAVE A VENT AND UNLOAD YOUR THOUGHTS ANONYMOUSLY.

YOU CAN ALSO TALK TO THE WELLBEING COUNCIL LEADS - MISS GIEBKA, MRS CHILTON AND MRS HORTON, PLUS ANY TEACHER, TEACHING ASSISTANT, SUPPORT STAFF - EVERY SINGLE MEMBER OF STAFF IS HERE FOR YOU.

VISIT [HEALTHLINE.COM/HEALTH/BREATHING-EXERCISE](https://www.healthline.com/health/breathing-exercise)
FOR SOME CALMING BREATHING EXERCISES

The Ambassadors have been in Assemblies and Form Times promoting the 'Your Voice Matters Box'.

This is an opportunity for students to have their say and make a difference.

It's also a way of sharing any worries or concerns.

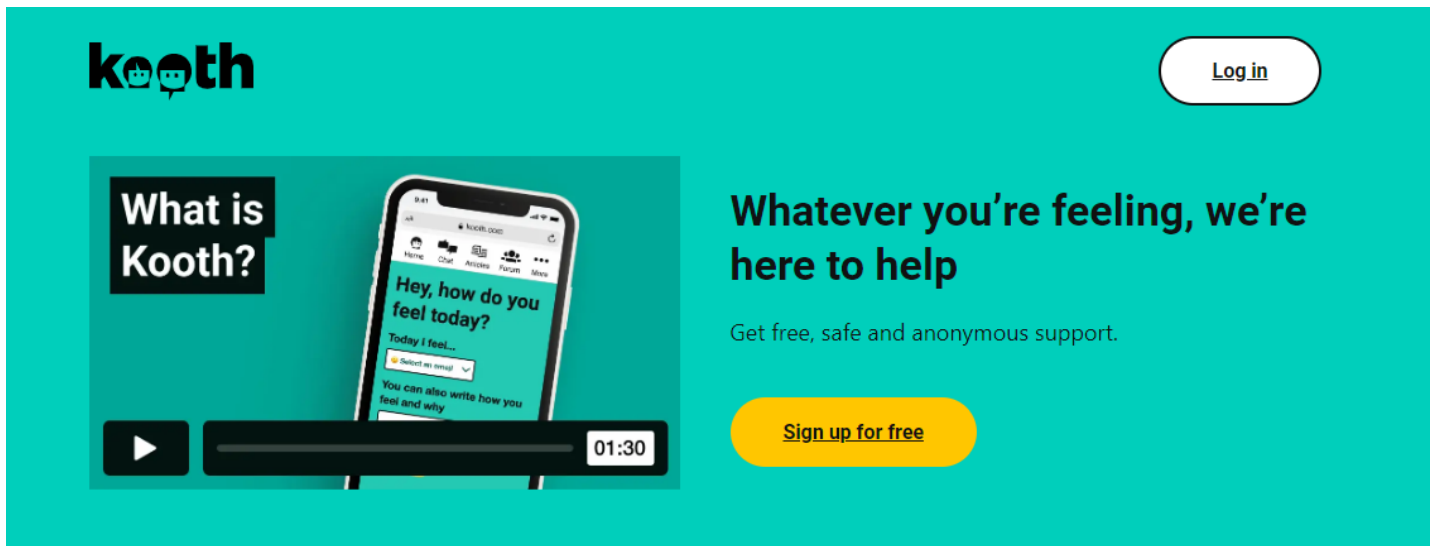
Key contacts/ Help:

Life Signs: www.lifesigns.org.uk are a small self-harm charity that have so much information for people who are currently self-harming and for family members or friends of people who are self-harming. They also have information on cleaning self-harm wounds and treating wounds.

Parent Talk: Down-to-earth parenting advice you can trust. We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you.

They can be found at: <https://parents.actionforchildren.org.uk>

<https://www.kooth.com/>



The advertisement features a teal background. In the top left corner is the Kooth logo, which consists of the word 'kooth' in a lowercase, rounded font with two stylized faces above the 'o's. In the top right corner is a white rounded rectangle containing the text 'Log in'. On the left side, there is a video player with a black play button and a progress bar showing '01:30'. The video content shows a smartphone screen with the Kooth app interface. The screen displays the text 'Hey, how do you feel today?' and 'Today I feel...' followed by a dropdown menu. Below that, it says 'You can also write how you feel and why'. On the right side of the banner, the text 'Whatever you're feeling, we're here to help' is written in a large, bold, white font. Below this, in a smaller white font, is the text 'Get free, safe and anonymous support.' At the bottom right, there is a yellow rounded rectangle with the text 'Sign up for free' in black.