

OUR WELLBEING NEWSLETTER | NOVEMBER 18TH

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

MENTAL HEALTH AND WELLBEING MANAGER: MISS V GIEBKA VGIEBKA@BOTELER.ORG.UK



Our Mission Statement states that 'Through God, we care'. We will not tolerate bullying and will deal with it quickly and effectively if it occurs. Our school strives to create an environment where children feel safe and supported. Bullying is not welcome in our school.

Anti-Bullying Week 2024 took place from Monday 11th – Friday 15th November, with the theme: Choose Respect.

From playgrounds to parliament, our homes to our phones, this Anti-Bullying Week let's 'Choose Respect' and bring an end to bullying which negatively impacts millions of young lives.

This year, we'll empower children and young people to not resort to bullying, even when we disagree and remind adults to lead by example, online and offline.

Imagine a world where respect and kindness thrives — it's not just a dream, it's in the choices we make.

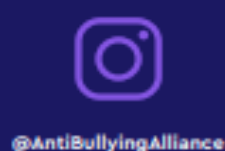
CHOOSE

RESPECT

#ANTIBULLYINGWEEK

Please share your 'Choose Respect' activity with us online!

 ANTI-BULLYING
ALLIANCE



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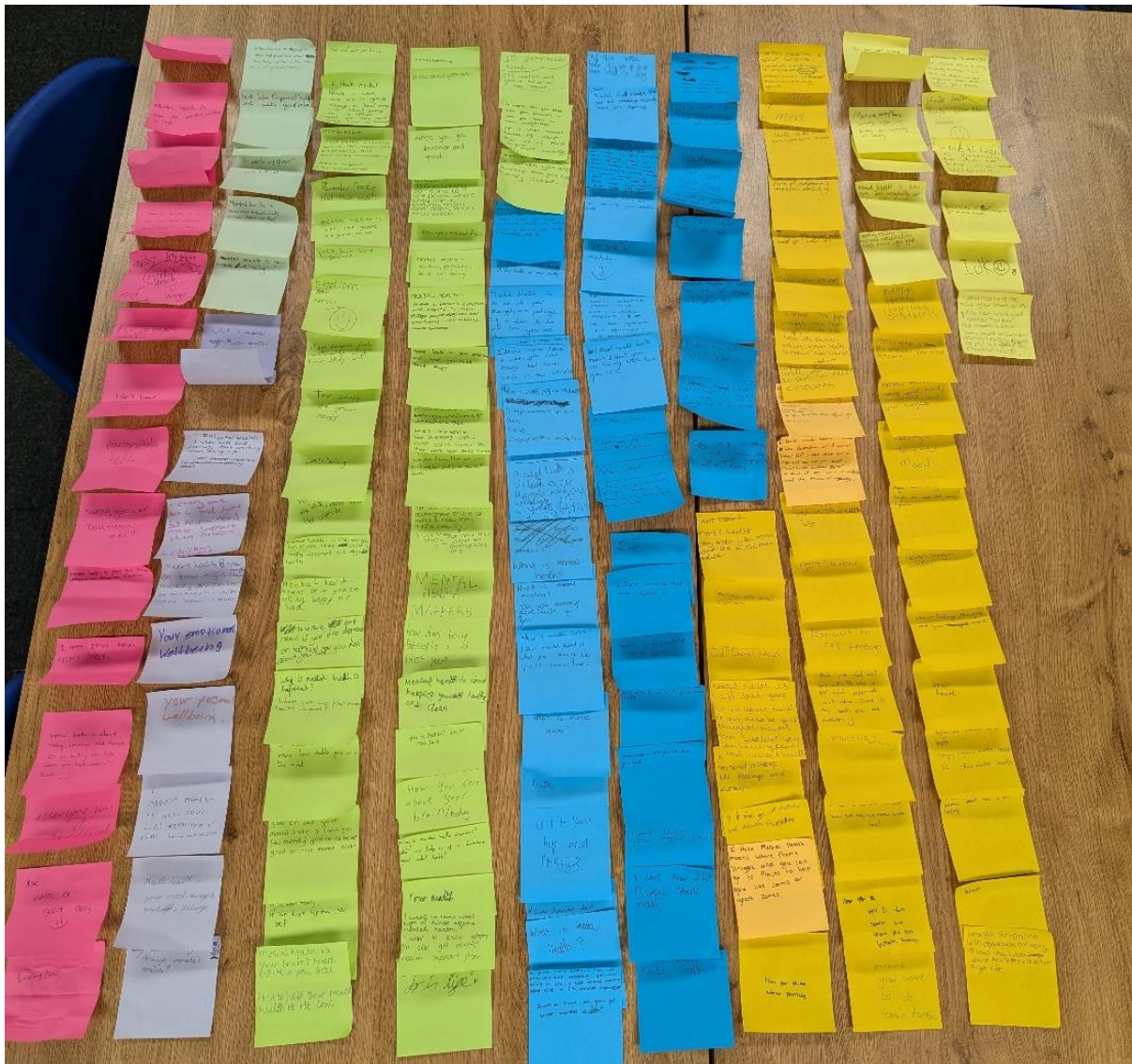
<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/bullying/>

<https://www.nationalbullyinghelpline.co.uk/contact.html>

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

<https://youtu.be/uaMH-XLqbGw>

World Mental Health Day

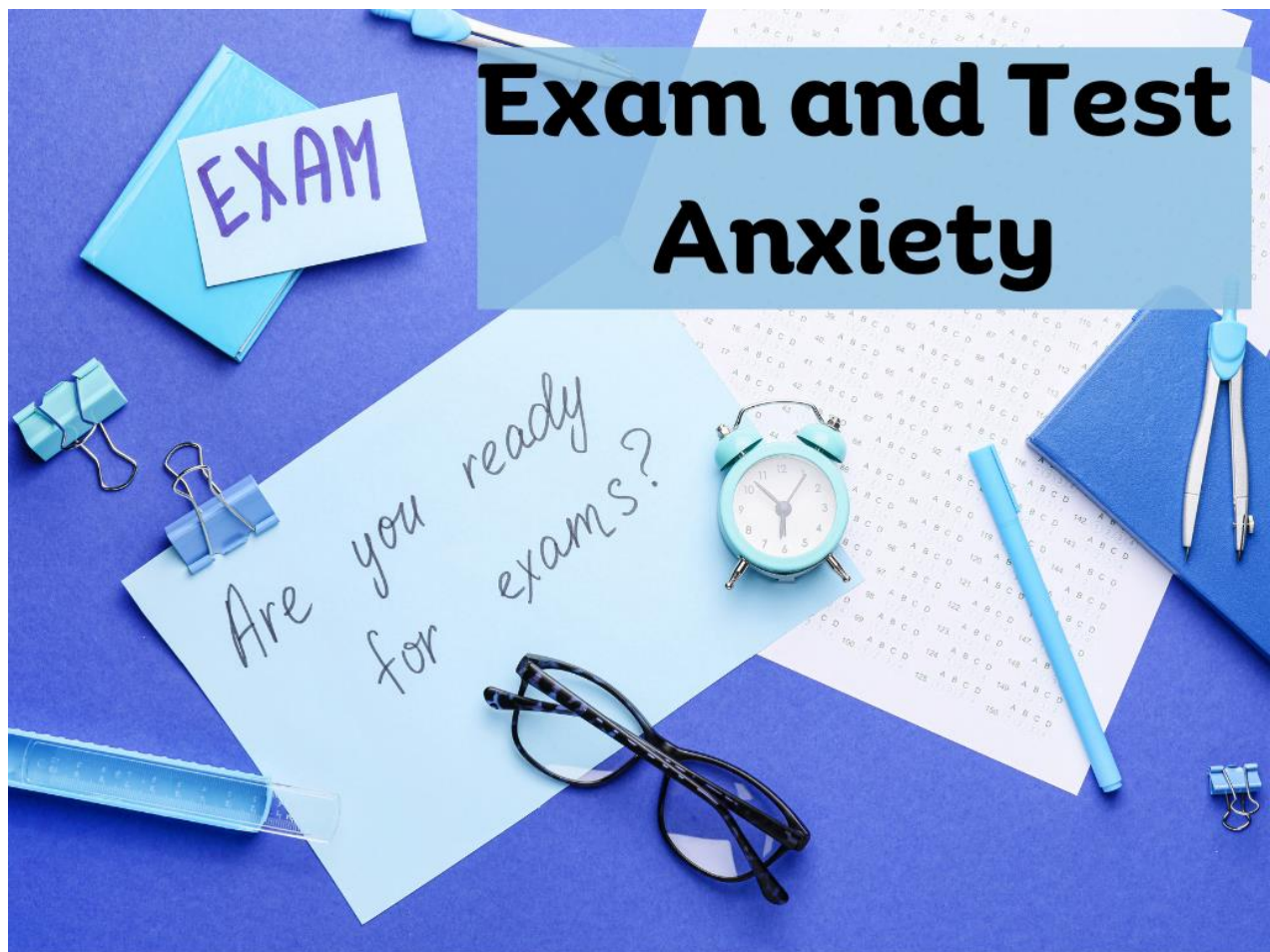


Last month was World Mental Health Day, we asked our students what mental health meant to them and what they want to learn about this important topic.

Students completed this task in form together and took part in great discussions, they then posted their answers in our 'Your voice matters' post box.

We have collected in our students' voice and will be planning workshops and mental health sessions throughout the year around topics our students wish to explore.

Year 11 Exam Stress Drop-in



Mock exams can be a challenging part of year 11, it sometimes brings up feelings of anxiety and stress for our students. During this time, we will be hosting 'exam stress drop-ins' to offer advice and strategies on how best to manage these feelings. We will be exploring and normalising the feelings that may bubble up when completing an important exam. Students can also come to discuss unexpected difficulties that may arise, or offload worries and feelings about their exams.

What: Exam Stress Drop-ins

When: Friday lunch times (From Friday 15th November- Friday 6th December)

Where: Room 23



MINDFUL MONDAYS

MONDAY LUNCHTIMES
IN THE GYM

STUDENTS AND STAFF
ARE ALL WELCOME



Wellbeing COUNCIL

TUESDAY LUNCHTIMES
ROOM 21

ALL ARE WELCOME



Girls Roar

**AN OPEN ACCESS GROUP FOR GIRLS AGED 11-16
THE HUB (ORFORD YOUTH BASE)
THURSDAY 6:30-8:30PM
DELIVERED BY WBC YOUTH WORKERS**

WHAT TO EXPECT:

**DISCUSSIONS AND ACTIVITIES FOCUSING ON WOMEN
EMPOWERMENT, STAYING SAFE ONLINE AND WHEN OUT IN THE
LOCAL COMMUNITY
ARTS AND CRAFTS
COOKING/BAKING
EXCITING ACTIVITIES**

**INTERESTED? JUST COME ALONG TO ONE OF OUR SESSIONS
OR CONTACT LEAD WORKER MARTA ON 07920270014**

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



**SIR THOMAS
BOTELER**
CHURCH OF ENGLAND HIGH SCHOOL
THROUGH GOD, WE CARE

LGBTQ+



INFORMATION

LGBTQ+ COUNCIL ★ WEEK 1 FRIDAY LUNCHTIMES ★ ROOM 26

LGBTQ+, QUESTIONING OR AN ALLY - HOWEVER YOU IDENTIFY, EVERYONE IS WELCOME!

NEED TO TALK? MEMBERS OF STAFF YOU CAN SPEAK TO:



LGBTQ+ COUNCIL LEAD
& GRAPHIC DESIGNER

MISS ROBERTS



LEADER OF PERSONAL DEVELOPMENT
& TEACHER OF MUSIC

MRS BUTCHER



SAFEGUARDING OFFICER
& ASSOCIATE DEPUTY HEADTEACHER

MR LEONARD



**VISIT THE PROUD TRUST WEBSITE FOR ADVICE,
INFORMATION & DETAILS OF LOCAL GROUPS:**

WWW.THEPROUDTRUST.ORG

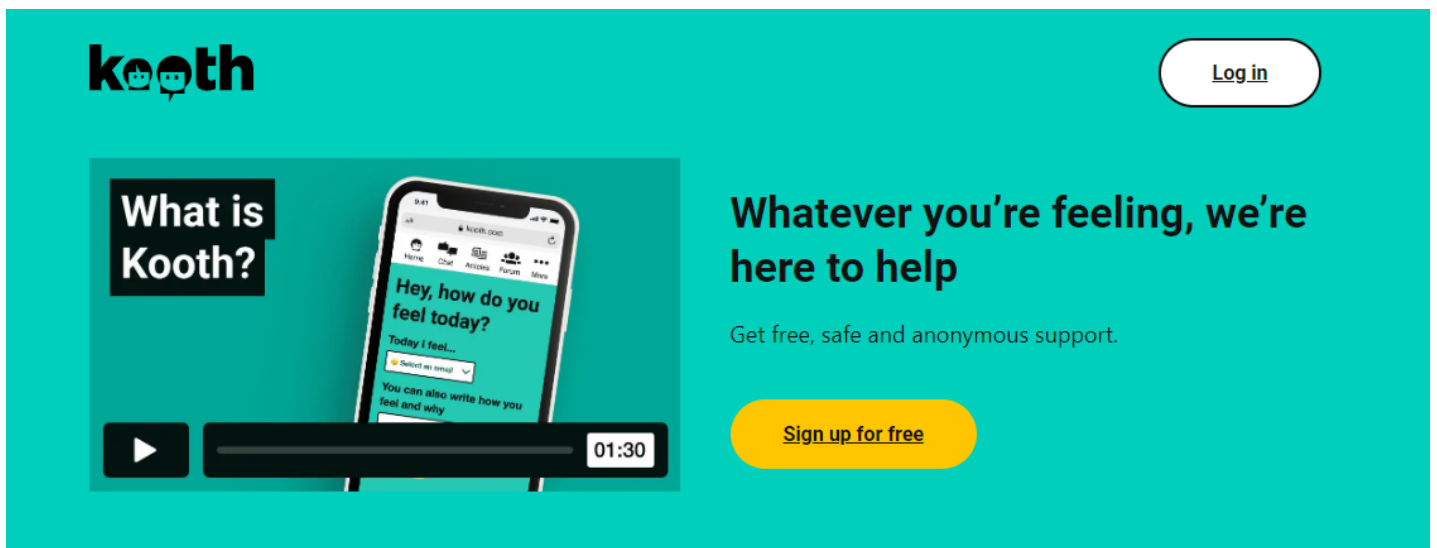
**YOU CAN ALSO TALK TO ANY TEACHER,
TEACHING ASSISTANT, SUPPORT STAFF - EVERY
SINGLE MEMBER OF STAFF IS HERE FOR YOU.**

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 bold, lowercase font with two speech bubble icons integrated into the 'o's. In the top right corner, there is a white rounded rectangle containing the text 'Log in'. The central focus is a video player showing a smartphone screen. The video title is 'What is Kooth?' in white text on a black background. The smartphone screen displays the Kooth app interface with the text: 'Hey, how do you feel today?', 'Today I feel...', 'Select an emoji', and 'You can also write how you feel and why'. Below the video player is a black progress bar with a play button icon on the left and a '01:30' duration indicator on the right. To the right of the video player, the text 'Whatever you're feeling, we're here to help' is written in a large, bold, black font. Below this text is the phrase 'Get free, safe and anonymous support.' in a smaller, regular black font. At the bottom right of the banner is a yellow rounded rectangle with the text 'Sign up for free' in black.