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The Cherwell School

A Centre of Opportunity

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BT/sk

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Dear Parents and Carers,

STUDENTS' WELL-BEING UPDATE

Welcome to this term's students' well-being update which will provide further details about the work we have been doing in school to support your children.

Year 12 Wellbeing Day

On February 20th, Year 12 students took part in a range of workshops that they opted into. Topics included stress management, work/life balance, money management and The Teenage Brain as well as some physical workshops – Tai Chi and Zumba. Students' feedback was very positive and we will look to provide regular opportunities for Tai Chi and Zumba as these were so well received. Physical activity is so important in promoting a sense of well-being and combating stress related to academic pressures.

Year 8 Self-harm Workshop

Self-harm is an unfortunate reaction to pressure for some young people. Pegasus Theatre performed a play called ***Under My Skin*** designed to raise awareness of this issue and provide alternative methods of coping with their worries. The performance was followed by a Question and Answer session attended by our school counsellor and school Health Nurse. Students also received follow up lessons in PSICHE with their teachers. If you are worried that your son or daughter may be harming themselves, please do contact us at school as we will be able to help. I have included two links here that provide useful information for parents and carers to help you keep your children safe.

<http://www.getconnected.org.uk/mental-health/self-harm/?gclid=CMGX-vDLmswCFUORGwodu8ICIA>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/>

Smart phone Safety

Promoting online safety remains a priority for us. It is crucial that youngsters learn how to conduct themselves online and to be aware of the potential risks of these exciting technologies. I have included a link here to a site which I think gives really helpful advice and tips to parents and carers. It does contain some advertising which The Cherwell School is not seeking to endorse. I do hope you find it useful.

<https://www.tigermobiles.com/2015/05/how-to-protect-your-children-on-their-smartphone/>

You may have heard in the news recently that there are concerns across the country about young people engaging in sexualised behaviour including sexting (the sending and receiving of sexually explicit images and comments via mobile phone usually in a text message). We are very keen to address this in school and I am busy working with Ms Hancock (Subject Leader for PSHCE) to develop some lessons to educate and advise our students about this very serious issue. Few of them realise that sending indecent images is a criminal act, not to mention the distress caused when such images get distributed to a wider audience than was intended.

Anti Bullying Ambassadors

In March, Jo Brown the anti bullying lead for the Local Authority ran a training session for a group of year 8 students who are keen to reduce bullying in school and improve ways of reporting incidents if they occur. The online reporting service *TELL US* is rarely used despite being developed and promoted by year 9 students. Even though we are confident that bullying is not a huge issue in school, there is a reluctance to report things as students are worried about being criticised for 'grassing'. This is something that we really want to dispel. Any student who reports issues to us is promised total protection and anonymity.

Behaviour in the Local Community

We have some complaints from local residents about students being noisy until quite late and leaving litter - particularly at Ali Courts. I would be grateful if you would remind your sons and daughters to respect their community wherever they are especially when congregating in large groups. This tends to be more of a problem at this time of year when the weather is warmer and the evenings are lighter.

Cherwell Community Awards

I wrote to you earlier in the term to let you know that we will be holding an awards evening to recognise students who do good work in the community. Amongst other things, this could include:

- Regularly helping others in need
- Regularly visiting an elderly neighbour
- Being a Young Carer by helping a family member with additional needs
- Organising an event to raise money for a charity
- Volunteering to work in a charitable organisation
- Raising awareness of an important cause

We will be hosting this celebratory event after exams have finished so that students in all years and their families can attend. If you know of a Cherwell School student who deserves recognition please nominate them at awards@cherwell.oxon.sch.uk. We will contact you with details of the awards evening when we know how many students have been nominated.

Best wishes

Barb Timms
DEPUTY HEADTEACHER (STUDENT EXPERIENCE & WELL-BEING)