

BT/nd

May 2017

## **STUDENT WELLBEING UPDATE**

Dear Parents & Carers,

As we approach the end of Term I thought I would write to you and let you know about the work we have been doing in school to support students as well as some of our future plans. We take student wellbeing very seriously and lots of work is underway right across the school to support all students to thrive and learn effectively. This letter gives an update of just some of the areas of focus.

### **Wellbeing Days**

These were held at the beginning of term for Year 9 and Year 10 students. Students participated in a range of workshops to learn and discuss important issues relating to drugs and alcohol, consent, the law and the benefits of exercise on mental health by doing Yoga, Boxercise or Spinning. Feedback from the students was really positive and we have already reserved dates for next year. The PTA have put some of the resources used by the facilitators on their part of the website.

Year 8 enjoyed the Pegasus Theatre presentation about self harm called 'Under my Skin' and reported that they found it very informative. They conducted themselves very well and the actors commented on how impressed they were.

The Young Minds website has a section devoted to self-harm, detailing what it is and what help is available. A good resource for anyone wanting to research themselves and find out how to access support.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

## **Parents Information Evenings**

We were really pleased with the number of parents and carers who attended both the Naked Truth evening (online safety/pornography) and the evening by Mandy Saligari (addiction). Feedback was very positive and we will continue to look for further opportunities to run events like these which empower parents and carers to guide their children through adolescence with confidence.

## **Parents and carers of LGBT+ Students**

Dr Clara Barker is looking to set up a support group in the Oxford for parents and carers of LGBT+ young people. Dr Barker is the Vice-chair of the Oxford University LGBT+ Advisory Group as well as being a Stonewall role model for Schools and Universities. Please do contact her if you would like to find out more.

Clara.Barker@materials.ox.ac.uk

## **Cycling**

We continue to be delighted by how many students cycle to school but we are dismayed by the number of complaints we get from pedestrians about dangerous cycling.

We will be reinforcing the message about not cycling on pavements in assemblies after half-term. This does seem to be an issue in some parts of our catchment especially in the centre of Summertown and in Cherwell Drive. We would be grateful if you could help us by continuing to emphasise the importance of safe cycling at home.

## **National Headlines**

The continued disclosures in football have rightly started a national conversation about the sexual abuse of children by people in positions of responsibility. The BBC published an article called, 'How do you talk to your children about sexual abuse?' which is a good summary of the different ways parents can have conversations about keeping safe with their children. I have attached the article here:

[How do you talk to your children about sexual abuse?](#)

We are deeply saddened to learn of the devastating terror attack in Manchester. We joined the nation's one minute silence on Thursday and students have had a chance to reflect and talk about this through assembly or tutor time. Childline advise any child or teenager who is upset or anxious in the light of this news to talk to a trusted adult be it a parent, teacher or Childline. In school your child's form tutor, Year Leader or Deputy Year Leader are always on hand and as you know we have a counselling service in school too. I have attached some links that might help you in your conversations at home.

<https://www.winstonswish.org.uk/responding-children-young-people-affected-media-coverage-incident-manchester/>

<http://www.telegraph.co.uk/women/life/manchester-arena-attack-explain-horror-children/>

## **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 and staff 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 on July 5<sup>th</sup> after exams have finished so that students in all years and their families can attend. If you know of a Cherwell School student or member of staff who deserves recognition please nominate them at [awards@cherwell.oxon.sch.uk](mailto:awards@cherwell.oxon.sch.uk). I will contact you with details of the awards evening when we know how many people have been nominated.

## **And finally...**

We have had a glimpse of some lovely warm weather and there is a suggestion that we might even have a summer this year! Whilst this is great news it does also bring safeguarding risks – for example young people having impromptu get-togethers in parks or around water during the warm summer evenings, sometimes with alcohol present and staying out a bit later than usual.

Students also need to be reminded about our dress code at this time of year – it would be really helpful if you could check them before they leave for school. Our dress code can be found here:

<http://www.cherwell.oxon.sch.uk/perch/resources/dress-code-reasons-final-2016-2017.pdf>

Please do not hesitate to contact us with any concerns you may have about your child's wellbeing. It is important that we work together on things like this.

Best wishes

Barb Timms

(Deputy Headteacher)