



**BROMSGROVE
SCHOOL**
PREP & PRE-PREP

LifeSkills

Dear Parents and Guardians

The Prep and Pre-Prep are delighted to share with you the initiatives and activities to support our community's wellbeing - helping fulfil the School's mission statement to create:

An enlightened, disciplined and broad education that responds to global change while retaining core values.

Lifeskills, wellbeing and positive mental health are all outcomes we encourage and support throughout daily life at Bromsgrove. The School recognises that mental health and physical health are part of our daily lives, and that open conversations are encouraged to help us all get the most out of any experience.

This newsletter outlines what is happening in the Lent Term through the PSHE programme and Pastoral system. We encourage you to continue conversations about the activities and resources listed below with your children – after all, we never stop learning, and we continue to be amazed at what we learn from our young people: future educators and community ambassadors.

We are always delighted to hear from parents, please email **Dr Victoria Barron, Prep** vbarron@bromsgrove-school.co.uk or **Mr Ben ETTY-Leal, Pre-Prep** benetty-leal@bromsgrove-school.co.uk
Dr Barron and Mr ETTY-Leal are our designated Mental Health Leads and work closely with Miss Zia Leech, Director of Wellbeing and Mental Health Lead, in the Senior School.



Wellbeing Award

The Prep School has embarked on an award dedicated to instilling expectations of positive daily wellbeing experiences. These experiences are the key ingredients for the development of our resilience, happiness, future health and confidence in decision making. The wellbeing practices we share intrinsically between parents, pupils and staff, as we join together in our community, are vital. Through change and raising awareness inspired by the Wellbeing Award for School (WAS) we are creating valuable and meaningful change to positively contribute the wellbeing and good mental health of our whole School community and beyond.



<https://www.awardplace.co.uk/award/was>

Pre-Prep

The Pre-Prep Wellbeing Week coincides with Children's Mental Health Week. Supporting the children by providing a range of activities and strategies designed to develop their understanding of wellbeing, to strengthen and nurture their own mental health.

Worry Monsters and Kindness Jars are popping up in classrooms to give pupils the opportunity to develop their skills of supporting their own wellbeing and that of their friends.

The 'Think Equal' programme encourages children to recognise their own feelings and emotions with a focus on developing positive change for all.



Healthy Eating

Healthy eating does wonders for our mental and physical health. As well as the diverse range of options both hot and cold each day, the catering team looks after us with weekly staples like Friday Fish and Chips, and themed events such as Chinese New Year, a celebration of Turkish food, pancake demonstration, cheese tasting table, sensational seeds and awareness around food waste.

Lent Term National Themes and Awareness Days

27 JANUARY

Parent Mental Health Day

3 FEBRUARY

NSPCC Number Day

6 FEBRUARY

Children's Mental Health Week
Let's Connect

7 FEBRUARY

Safer Internet Day
'All fun and games? Exploring respect and relationships online.'

27 FEBRUARY

Eating Disorders Awareness Week

20 MARCH

International Day of Happiness

Lent Curriculum Themes

Lifeskills give our pupils the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. To help achieve this we have a series of themes that the children will consider through Chapels, Assemblies and PSHE. The themes include:

Prep School pupils also have access to VotesforSchools where weekly resources prompt impartial discussion on a challenging current issues.

Try it at home with

"Are actions more impactful than words?"

"Should everyone be able to vote at 16?"

**GOALS AND
AMBITIONS**

DREAMS

HEALTH

**OVERCOMING
OBSTACLES**

**STAYING
SAFE**

**DRUGS
AWARENESS**

School Support

Prep School has a dedicated space, the Lavender Room, for pupils to drop into during lunchtimes and breaks if they need emotional support. The School can signpost to qualified counsellors, in School Dr Barron offers mentoring. There is a successful Buddying system where Year 8 pupils are trained to listen and support younger children around friendships, school-work and general life ups and downs. Additionally, a Year 8 Wellbeing Monitor group also offer peers a non-judgemental listening ear. Just like physical first aid, a number of staff are qualified mental health first aiders. On a Friday morning breaktime, the Reverend Loone is available for life guidance and support in the Lavender Room. Every Tuesday between 1.15pm and 1.45pm, the Chapel is open for silent reflection for Year 7 and 8.



Resources for parents and guardians

Please see the Prep School weekly newsletter for resources around wellbeing and mental health. Advice and guidance for parents and carers to help them support a child or young person experiencing poor mental health or wellbeing – **Anna Freud National Centre for Children and Families:**

<https://www.annafreud.org/parents-and-carers/>

Parents' guide to online safety – everything you need to know about keeping young people safe online:

<https://nationalonlinesafety.com/guides>

You can email **Dr Victoria Barron**, Prep vbarron@bromsgrove-school.co.uk or

Mr Ben ETTY-Leal, Pre-Prep

benetty-leal@bromsgrove-school.co.uk with any concerns about wellbeing at School.

Email addresses for pupils to have their voice heard

myboarding@bromsgrove-school.co.uk

The boarding community can share their views and suggestions

buddies@bromsgrove-school.co.uk

Pupils can contact the school buddies for support

