



BROMSGROVE  
SCHOOL

# LifeSkills

## Dear Parents and Guardians

The Michaelmas term flew by, and we are delighted to share more initiatives that are being rolled out to enhance the wellbeing of our community. This term, the Prep, Pre-Prep and Winterfold House schools are also sharing their wellbeing news with you. If you have children in other parts of our family, you can see how we are working together in this important part of our children and teenagers' years.

## Bring Your Whole Self To Bromsgrove

Head Boy and Head Girl, Thando Best and Jess Whitlock have worked incredibly hard to launch their initiative, Bring Your Whole Self to Bromsgrove (BYWSTB). What started as a conversation during Lockdown has developed into an incredible project that aims to encourage everyone to feel at home whilst at School.

The key focus is to educate on equality, diversity and inclusion – raising awareness and celebrating our rich community. Jess and Thando realise that this is a long-term project, so their aim is to lay the foundation in their final year, and to hand the baton on to other pupils, eventually stretching the ethos to include Prep, Pre-Prep and Early Years sections of the School.

The BYWSTB project has been approved by the Governors, and work has begun on dates for talks on issues such as mental health in the lead up Children's Mental Health Week in February, an LGBTQ+ Society and a topical issues book club for all year groups. Jess and Thando are encouraging open conversations, in safe spaces, to counter the concerns of cancel culture and to embrace the concept of the positive bystander.



## BYWSTB Peer Mentors

It is widely appreciated that many children and young people find it easier to talk to their peers, before talking to adults. We have launched a Peer Mentor scheme that links to the 'Bring Your Whole Self To Bromsgrove' project. The trained Sixth Form Peer Mentors provide a listening ear and friendly face to fellow pupils on matters such as academic progress, pastoral issues and the general 'ups and downs' of being a teenager. Sometimes just an acknowledging nod from a Sixth Former whilst walking around campus can boost the confidence of a younger pupil. The programme is led by the Director of Wellbeing and the Wellbeing Nurse, with support from the Safeguarding Lead. There is already an established programme, led by Mrs Langford, of trained Upper Fourth pupils to help Lower Fourth pupils with the transition from their previous School. Alongside helping and supporting their peers, the mentors enhance their CV's, with a number of transferrable skills that universities and future employers appreciate.

## BYWSTB - Student Led Discussions

Bring Your Whole Self to Bromsgrove hosted its first student-led discussion about 'Positive Masculinity'. This was an opportunity for pupils across year groups to chat about their thoughts, views and opinions on stereotypes, the media, and how we can celebrate how great it is to be a man at Bromsgrove School, by promoting the positive actions we know happen all the time, but can be clouded by the negatives. Students hope to challenge labels, what is said in the media, and how as a community, we can encourage positive bystander actions, to call out poor attitudes and behaviour.

## School's Inclusion Alliance

In support of Equality, Diversity and Inclusion, the School has signed up to the School's Inclusion Alliance.



**Schools' Inclusion Alliance**

The SIA School's Inclusion Alliance was established two years ago, to support schools in the Independent Sector have access to resources and speakers from the world of Diversity and Inclusion and to share examples of best practice. Schools' Inclusion Alliance was founded with the aim of putting inclusion at the heart of every school, aiming to ensure that every member of a school community feels valued for who they are. Bromsgrove will share relevant resources and news about this new partnership.

## Reflection Time

Every Tuesday lunchtime, the Chaplain hosts 'Reflection Time' in the Chapel for all pupils in Year 7 upwards. This is a time for quiet reflection or prayer, and the opportunity to light a candle in remembrance. The Chaplain is available for any member of the School community to access. With a multi-faith pupil body, we actively encourage our young people to speak up if support is needed from within their own religion; although we already have facility for multi-faith prayer, the School will shortly be announcing plans for a bespoke Multi-Faith Prayer Room.

## Anti-Bullying Alliance



We are delighted to announce that the School has also joined the ABA. The Anti-Bullying Alliance was established by the NSPCC and the National Children's Bureau in 2002. A coalition of schools, organisations and individuals work together to achieve the ABA's vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn.

## Breathe Online Magazine

Pupils now have access to *Breathe*, an online magazine.

The magazine discusses five key areas in every issue - wellbeing, living, mindfulness, creativity and escape in order to improve balance and productivity. This can be accessed through the Junior and Senior Tutor Bulletins.



## Lent Curriculum Themes Through LIV, UIV and V Life Skills and VI Enrichment

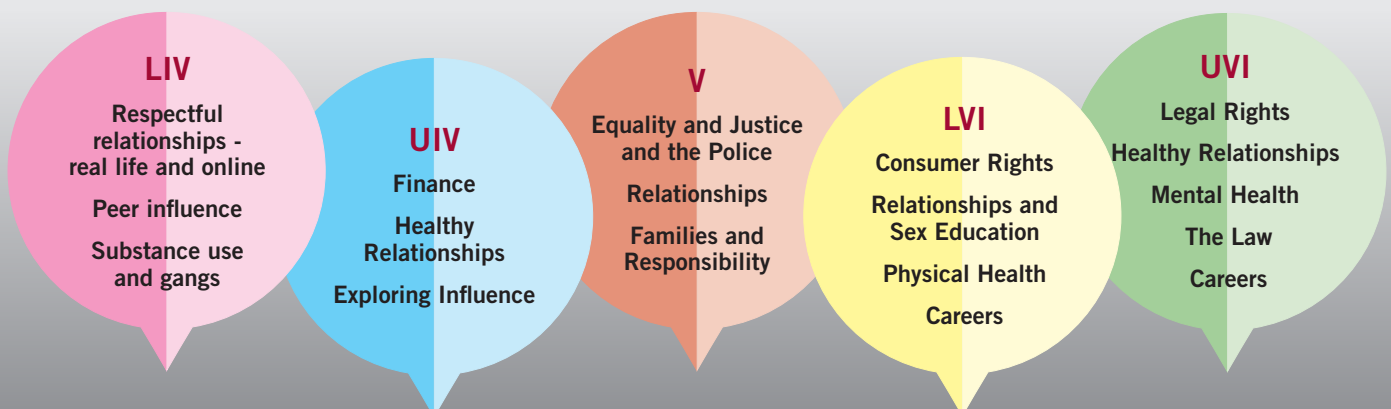
We understand the importance that Life Skills has for our young people in giving them the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. below are themes that the year groups are considering through Life Skills and Enrichment.

Pupils also have access to VotesforSchools, where weekly resources prompt impartial discussion on challenging current issues.

Try it at home with

***"Do we underestimate the impact of food banks?"***

***"Should everyone be able to vote at 16?"***



## Dining Hall

Continuing to feed a hungry cohort and to build cultural awareness, Holroyd Howe will be tempting taste buds with a Winter Wake Up in January that will explore vegan options and end with a celebration of the Scottish poet Robbie Burns'. February will provide Rugby fans with a Six Nations tasting table and for the romantics amongst us, a Valentines Cake Celebration. As we head out of the winter months and approach the welcome sight of Spring flowers shooting up on the campus, we will be treated a Mood Boosting Tasting Table, St Patrick's Day Supper and a sweet and savoury experience with a Waffle Tasting Table. If you want you experience what the pupils are eating, please contact Miss Leech who can arrange a visit for you.

## Financial Awareness

Money and financial awareness are important at any age, but at this age it has even greater significance. Young people need to be aware about the basics like bank accounts, savings, the implications of borrowing, debt, and being safe with online shopping and transactions. Two years ago, Head of PSHE, Miss Geraldine Farrell, in collaboration with our local branch of Nationwide Building Society, trialled sessions on Finance and Financial Awareness to Upper Fourth students. This was so successful that the programme has been rolled out nationally by the Nationwide, and Mrs Farrell's input and collaboration has been used for training in branches around the UK. Feedback from students has been very positive and they enjoyed the opportunity to have an expert in the room with real life stories and knowledge. Students were visibly engaged in the sessions, and a sense of competition maintained interaction and engagement.



## Resources for parents and guardians

**Young Minds** offers practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services. There is also a parents' Helpline which can provide advice and support if you're worried about a child or young person.

## 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

## Parent Information Sessions

You will be invited to attend in person (recordings will also be accessible). The sessions will be on a variety of topics such as the teenage brain, exam stress, online safety and revision techniques etc. Do save the date, more information will follow.

- **21 March** **UVI** **University Life**
- **6 February** **All Parents** **Girls On Board**
- **June** **All Parents** **Positive Masculinity**

## Email addresses for pupils to have their voice heard

[callitout@bromsgrove-school.co.uk](mailto:callitout@bromsgrove-school.co.uk)

Pupils are encouraged to record any concerns they have seen or heard

[wellbeing@bromsgrove-school.co.uk](mailto:wellbeing@bromsgrove-school.co.uk)

Pupils can contact the Wellbeing Team for help, advice and support

[myboarding@bromsgrove-school.co.uk](mailto:myboarding@bromsgrove-school.co.uk)

The boarding community can share their views and suggestions