



BROMSGROVE
SCHOOL

Michaelmas 2022

LifeSkills

Dear Parents and Guardians

Welcome - whether you are new to the Bromsgrove family or returning, we wish you and your children a positive and productive term. We are delighted to announce that the academic year brings new initiatives, with additional activities and services, 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

Life skills, wellbeing and positive mental health are all outcomes we encourage and support throughout daily life at Bromsgrove. This newsletter outlines what is happening in the Michaelmas Term through the Life Skills programme, Wellbeing Hub and Pastoral system. We encourage you to continue conversations about the activities and resources listed below with your young people – 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. You can find a copy of this year's Relationships and Sex Education Policy on the School website, and we are always delighted to hear from parents, please email wellbeing@bromsgrove-school.co.uk

Where Do I Turn?

The 'Where Do I Turn' poster and brochure is a signposting tool for pupils to find advice, support and help. The School now has a dedicated Wellbeing area in the Library Resources Centre.



Michaelmas Curriculum Themes Through LIV, UIV and V Life Skills and VI Form 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 a challenging current issue.

Try it at home with

"Is it a good time to become Prime Minister?"

"Will the Lionesses win create long-lasting change?"

LIV

Practical skills for the real world, including healthy online skills and etiquette.

- First Aid Course
- Identity and Self-Awareness

UIV

- Mental Health and Wellbeing
- Cancer Awareness
- Bereavement

V

- Academic and Career Planning
- Healthy Sleep
- Revision Skills

LVI

- British Values
- Career Planning
- Online Safety
- Kindness
- Political Awareness
- Alcohol Awareness
- Safer Driving

UVI

- Self-examination (Cancer awareness)
- Relationships
- Drugs Awareness
- Inclusion
- Political Literacy
- UCAS

Dining Hall

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 an allergy awareness tasting table, a Dashain themed evening, sustainability week and Hallowe'en activities. The end of this term will culminate in the hugely popular and traditional Christmas lunch.

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.

- LIV 3 October
- UIV 18 January
- V 22 November
- LVI 27 September
- UVI 21 March 2023

National Themes and Awareness Days this Term

OCTOBER

Black History Month

8 OCTOBER

International Boarding Day

10 OCTOBER

World Mental Health Day
'Make mental health and wellbeing for all a global priority'

14-18 NOVEMBER

Anti-bullying Week
'Reach out'

**Every Tuesday lunchtime,
Reflection Time in Chapel.**

Resources for parents and guardians

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>

Email addresses for pupils to have their voice heard

Callitout@bromsgrove-school.co.uk

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

Wellbeing@bromsgrove-school.co.uk

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

Myboarding@bromsgrove-school.co.uk

The boarding community can share their views and suggestions

