



MENTAL HEALTH Bulletin

26th April 2021

I hope you all had a good break and have returned to school well and motivated for the Summer term.

We have only been back in school for a week but already lots of things have been happening.

Extra-Curricular Activities

Firstly, after a very long break due to Covid rules and lockdowns our extra-curricular clubs have been able to start up again. These are run on different nights for each year group and there are lots of different activities to join to interest everyone such as:

Athletics, Football, Book Club, Lego Club, Cooking, Jewellery, Music.

As an additional activity, Mr Thacker-Smith is offering the opportunity for students to complete the DofE award, initially for year 9. This is an excellent opportunity to take part in a variety of activities leading to Bronze Silver and Gold awards. The DofE award can help you develop skills, capabilities, and attributes that you need for your mental, emotional, and physical wellbeing enabling you to become resilient and well-rounded individuals. The DofE is a national programme and is well recognised by employers. Please speak to Mr Thacker-Smith if you want to find out more about the DofE; there are far too many activities and tasks to include in this bulletin.

The University of Bath conducted research and found that taking part in extra-curricular activities is good for mental health and wellbeing. Being involved in extra-curricular clubs builds mental resilience and self-confidence. After the isolation of lockdowns and online learning, being able to interact with your friends, meeting new challenges and trying new things will all help to boost your self-worth and wellbeing, whether you are in year 7 or year 10.

So, if you haven't joined a club already take a look at what is on offer for your year group and sign up, its not to late to do so!

Mental Health Ambassadors and Peer Mentors

The other key news to tell you about is the launch of the student groups for our Mental Health Ambassadors and Peer Mentors. Our ambassadors and mentors were announced in a form tutor PowerPoint presentation and following the awards of their badges, we have had a few students approach myself and Mr Thacker-Smith asking to also be included. This is only the first phase of our recruitment for the Summer term, and we will be looking again in September so if you are interested then please let us know and we will keep your details on file.

You will be hearing a lot more from our student groups over the coming weeks.

Have a good week everyone and stay safe and well.

Ms Corbett-Lees
Mental Health Lead

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