



# MENTAL HEALTH Bulletin

**15<sup>th</sup> June 2021**

Hello everyone,

Just a quick update on some of the activities that are happening at Shenley Academy this term.

## Summer Term After School Activities

As we enter the final term for this academic year, it is great to see so many students taking part in after school clubs. Currently 189 students from years 7 to 10 have signed up to take part in clubs, with 112 boys and 77 girls.

It has been proven that taking part in extracurricular activities such as Lego club, jewellery making, and sport is good for mental health. Students, if you haven't already done so, I would encourage you to look at the clubs on offer and give something a try.

## Mental Health Ambassadors and Peer Mentors

Last Monday the 30 students who have volunteered to be Mental Health Ambassadors and Peer Mentors completed their training. They have worked very hard and proved to be a very knowledgeable and focussed group of individuals. Please congratulate them on completing their training. Certificates will follow. In September I will be launching another recruitment drive to anyone who is interested in either of the roles - then watch this space! Students can also come and find out what is involved by dropping in to the Wellbeing Zone on Fridays and having a chat with myself and the other volunteers.

## Wellbeing Zone

The Wellbeing Zone is proving very popular and there are now some regular visitors who come along. It is an opportunity for students to relax and take some time out for themselves. Students often play dominos, read or just sit quietly and chat. It is also somewhere to come if they are having difficulties and are feeling low. Over the last few weeks, I have supported students with health concerns, family problems and peer on peer bullying. Students are always welcome to drop in and talk to me.

## Everyone's Invited

Assemblies are taking place this week to remind students about the Everyone's Invited Platform that was launched in 2020. The aim of the platform was to eradicate 'rape culture' by providing survivors with a forum where they can anonymously share their experiences of harassment, abuse, misogyny and assault. Shenley Academy is part of a movement to eradicate rape culture and we will support and educate our students through a series of PSHE lessons on Mondays. The programme of lessons will specifically focus on social attitudes and behaviour that contribute to 'rape culture' and will include topics such as consent, sexting, objectification, and unwanted sexual advances. Some students may find these sessions difficult, especially if they have experienced any of the behaviour and attitudes discussed. It is essential that, should a student become upset or the topics trigger something in their past, that they inform their tutor and ask to speak to one of the safeguarding team so that they can be helped and supported in a safe environment.

Have a good week everyone and stay safe and well.

Ms Corbett-Lees  
Mental Health Lead

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