

# ORIEL Keep safe



We have decided to start writing to parents and carers to keep you updated about the information and messages that are being shared with your young people to keep them safe so that you can refer to them yourself and to reinforce and support messages they hear in school. We'd love your feedback via the [psheparents@oriel.w-sussex.sch.uk](mailto:psheparents@oriel.w-sussex.sch.uk) address.

**Best wishes, Mr Harrison and Mrs Doyle.**

## MENTAL HEALTH

World Mental Health Day is an opportunity for all of us to raise awareness of mental health issues and advocate against social stigma. This year it took place on 10th October with the theme 'mental health is a universal human right.' We took the opportunity to have conversations with our students about managing potential stresses in their lives and asked them to identify some healthy coping strategies for themselves and for their peers.

Being mentally healthy doesn't just mean that you aren't struggling with your mental health. If you're in good mental health you can generally think, feel, and react in ways that allow you to cope with day-to-day life, play a full part in your family, school/work, or community, and achieve your potential.

### TEN TIPS ON SELF-CARE

1. Be kind to yourself. It's OK not to feel quite like yourself.
2. Keep in touch with friends.
3. Plan fun things to do.
4. Reduce stress by taking regular exercise.
5. Eat regular healthy meals to maximise your energy levels. Drinking water also keeps the brain active.
6. Aim for 7 to 8 hours' rest each night.
7. Praise yourself when you've done something well.
8. Remind yourself to take each day at a time, structuring your day with things you can realistically achieve.
9. Switch on programmes, podcasts and content that make you laugh. It may help you feel happier.
10. If you need help, talk to your family and friends, or someone you trust.



“  
BEING MENTALLY  
HEALTHY DOESN'T  
JUST MEAN THAT  
YOU AREN'T  
STRUGGLING  
”



## GOT YOUR PERIOD?



**If you need period products just ask for the red box at reception or in a subject resource room and we'll help you out!**

## ROAD SAFETY AWARENESS WEEK AND ROAD SAFETY

Next week is Road Safety Awareness Week and Road Safety will be our assembly theme for our Learning Community assemblies during the week. This national campaign aims to promote road safety awareness to reduce accidents and potentially save lives by encouraging young people to think about road safety and pedestrian safety. We still occasionally receive reports from members of our community of students behaving unsafely whilst they walk to and from school and we will be talking to our students about the things that they can do to help keep themselves and others safe on their way to and from school.

### TIPS SUCH AS

- 🚗 Walking on pavements when they are available.
- 🚗 Crossing roads at designated road crossing points.
- 🚗 Looking for traffic in all directions when crossing.
- 🚗 Waiting for a gap in the traffic that allows enough time to cross safely.

These are all simple measures, but very well worth reiterating. Your support at home in encouraging safe behaviour around roads would be much appreciated.



# PERSONAL DEVELOPMENT

## All students during mentor time

During mentor time we have been having discussions with our students about a wide range of issues. If you would like to continue these discussions at home, here's some of the topics that we have covered:

## BLACK HISTORY MONTH

## NEWS REPORTERS

Whether news reporters should be able to give their own opinions or should remain politically neutral.

## SHRINK FLATION

The impacts of shrinkflation in supermarkets.

## PLANS FOR NEW OIL FIELDS IN THE UK

“IT'S GOOD TO TALK THINGS OVER...”

## HISTORICAL ARTEFACTS

The debate surrounding whether historical artefacts in museums should be kept or sent back to their country of origin.



### PSHCE THIS HALF TERM

**Year 7:** Healthy Relationships (positive friendships, dealing with conflict, online safety)

**Year 8:** Crime (including what happens in caught, fraud, online safety)

**Year 9:** Drugs and Alcohol (managing peer influence, medicinal drugs) and Relationships and Sex education (healthy relationships, STIs)

**Year 10:** Careers

**Year 11:** Mental and Emotional Health (depression and anxiety, spotting the signs of unhealthy coping strategies e.g. self-harm or eating disorders)

### PSHCE NEXT HALF TERM

**Year 7:** My Body (sleep, puberty, dental hygiene)

**Year 8:** Real Love Rocks (healthy relationships, consent)

**Year 9:** Relationships and Sex Education (consent, contraception, misconceptions from pornography, sexting)

**Year 10:** Challenging racism (microaggressions, representation, allyship, challenging racism)

**Year 11:** Mental and Emotional Health (healthy coping strategies), Respect and Relationships (healthy relationships, behaviours in relationships, consent)

## USEFUL INFO

CLICK [LINKS](#) FOR MORE INFO...

**childline**

ONLINE, ON THE PHONE, ANYTIME

### PUBERTY

### HEALTHY AND UNHEALTHY RELATIONSHIPS

### RELATIONSHIPS

### SEX AND CONSENT

**brook**

### RELATIONSHIPS

**NSPCC**

### SHARING NUDES AND SEMI-NUDES

**YOUNG MINDS**  
fighting for young people's mental health

### YOU ARE NOT ALONE

**mind**

### INFORMATION FOR YOUNG PEOPLE AGED 11-18

**CALM HARM**

Provides tasks that can help you resist or manage the urge to self-harm.

**VIRTUAL HOPE BOX**

### VIRTUAL HOPE BOX

To support people experiencing a wide range of emotional wellbeing/ mental health difficulties, people who are stressed or having negative thoughts.

**#STAYALIVE**

A suicide prevention resource which offers help and support to people with thoughts of suicide, as well as for people who are concerned about someone else. Information about local services is aimed at adults, but there are still some useful features for young people.

**SAM**

An app to support young people to understand and cope with anxiety.

**MINDSHIFT**

Aims to help you learn how to relax and develop new ways of thinking to help your anxiety.

**BREATHE WITH ME**

A useful app if you are feeling anxious. It guides you through some calm breathing. Available via the Breathe With Me website: <https://breathewithme.co.uk>.

If you wish to contact the school regarding safeguarding please find below useful email addresses:

[dsl@oriel.w-sussex.sch.uk](mailto:dsl@oriel.w-sussex.sch.uk) – to contact the safeguarding team

[safe@oriel.w-sussex.sch.uk](mailto:safe@oriel.w-sussex.sch.uk) – for students to email worries or concerns

[psheparents@oriel.w-sussex.sch.uk](mailto:psheparents@oriel.w-sussex.sch.uk) – to discuss PSHCE lessons

