

Mindfulness Monthly

Happy
New Year

Issue 02: January 2024

Happy New Year to you! We hope you had a relaxing Christmas break. Welcome to the second edition of 'Mindfulness Monthly'. We hope your son/daughter has had a successful first term. Just like our last edition, in this month's 'Mindfulness Monthly' we will be looking at how we can support your children in school, and the provision that we offer during our Personal Development lessons.

In-school support for students

As well as the support offered by the pastoral team in school (shown below and on the next page), we also have access to the following services. **Please note that any mental health support given is triaged in school by the Inclusion and Pastoral Teams (which allows us to ensure that the support we offer is appropriate for the student). We cannot refer directly to any agencies without this meeting taking place first as specific criteria must be met in order to meet the threshold of these services;**



ELSA

ELSA support is an individualised support programme designed to meet the emotional needs of children and young people. The principle is that children learn better and are happier in school if their emotional needs are also addressed. At Thamesmead, ELSA (which stands for Emotional Literacy Support and Advice) is often offered to students who are struggling with managing their feelings, or having difficulties within their friendship group, but they can also support in other ways.



'East to West'

East to West is a charitable organisation which offers support for a wide range of needs being faced by young people. Relational support workers work alongside young people to understand their situations, grow their confidence and help them thrive. Often, their work takes places in 1-1 and group sessions, listening to and caring for students over several weeks, months or even years. More information about East to West can be found on their website (www.easttowest.org.uk)



The Mental Health Support Team offer a school-based service which supports the mental health of children and young people in schools across Surrey. They offer support and advice to key people (teachers and/or parents/carers) around the child or young person to enable them to identify any concerns, understand what has happened for that child or young person and support any developing mental health needs. Referrals can be completed to enable members of the team to work one-one-one with students. More information about the work of the Mental Health Support Team (MHST) can be found on their website (<https://www.mindworks-surrey.org/our-services/school-based-needs/MHST>).

Key staff in school

The page that follows highlights the key staff that offer pastoral support for students, with tutors being the first point of contact. Should you have any concerns about your child's mental health or well-being, please feel free to contact them.

First point of contact for
general support: Tutor

Second point of contact:
Pastoral Manager

Third point of contact:
Head of Year

Key Stage 3 Line Manager: Mr North

Key Stage 4 Line Manager: Mr Loffstadt

Pastoral support in school

As we start the new term we have been joined by some new colleagues. Some of these new staff have taken over as tutors, so we felt it might be helpful to share the list of tutors with you should you need contact them;

Year 7 tutors	Year 8 tutors	Year 9 tutors	Year 10 tutors	Year 11 tutors
7AKH Miss Bera Mrs Boyle	8RHA Miss Harris	9SBO Mr Boyle	10MPH Mrs Phillips	11LTH Ms Thomas
7RMA Mr MacDonald	8ALA Mr Law	9CGO Mrs Goddard	10KTO Mr Basson	11LBA Miss Bathers
7BHO Mrs Holmes	8LDR Miss Dos Remedios Mrs Savvari	9HMA Mrs Mazhar	10JBL Mr Bletcher	11EMC Mrs McCarthy Mr Edwards
7IMJ Miss Campbell	8GEV Miss O'Riordan	9LSO Miss Soanes	10RPI Mr Phillips	11CAZ Mrs Azoulay Mrs Whitehead
7CDE Mrs Dewar Mrs Ward	8ITO Miss Tollan	9SMC Mr McLaughlin	10JHA Miss Hayes	11MJO Mrs Johnston
7DTO Mr Todd	8JBO Mrs Rosethorne	9HJO Mrs Jones	10RSI Mr Singh	11JTA Miss Taylor
7CWU Ms Wu	8PLI Mr Liyanage	9FSH Ms Sharief	10HLO Mrs Long	11KCH Mrs Charlton-Graham Miss Shillabeer

Heads of Year and Pastoral Managers

 Head of Year 7 Mr Cowley	 Head of Year 8 Miss Fisher	 Head of Year 9 Mr Smith	 Head of Year 10 Mr Patel	 Head of Year 11 Mr Stevenson
 Pastoral Manager for Year 7 Mrs Harman	 Pastoral Manager for Year 8 Mrs Smith	 Assistant Head of Year 9 Miss Cozens	 Pastoral Manager for Year 10 Mrs Bell	 Pastoral Manager for Year 11 Miss Lock

Additional Support Staff

 Deputy Designated Safeguarding Lead and Inclusion Manager Miss Francis	 Home School Link Worker Mrs Taliana-Carey	 Student Personal Development and Mental Health Lead Mr Todd
--	--	---

Personal Development curriculum

The Personal Development curriculum offers students a wide range of support and guidance about a number of issues that they may face, including how to maintain a healthy lifestyle and tips to support with maintaining positive mental health. The Programme of Study for Personal Development can be seen below;

Lesson		Year 7	Year 8	Year 9	Year 10	Year 11
1	18/09/23	Emotions and well-being	Healthy body	Drugs and health	Careers lesson 1 or diet and healthy eating	Study skills 1
2	02/10/23	Common types of ill health	Self-harm and eating disorders	Alcohol	Careers lesson 1 or diet and healthy eating	Study skills 2
3	16/10/23	Relationship between physical activity and mental well-being	Healthy lifestyles	Tobacco and vaping	Poor nutrition	Careers lesson 1 or study skills 3
4	30/10/23	Benefits of physical activity and community involvement	Body image	Body image and the digital world	Benefits of long-term physical health and fitness	Careers lesson 1 or study skills 3
5	13/11/23	Sleep	Digital resilience	Careers lesson 1 or risks online	Blood, organ and stem-cell donation	Healthy intimate relationships
6	28/11/23	Personal hygiene (including dental health)	Bereavement	Careers lesson 1 or risks online	Immunisation and vaccination	Sexual consent and the law
7	11/12/23	Careers lesson 1	Careers lesson 1 or gender identity	Building blocks to relationships	Sleep health	Identifying and managing sexual pressure
8	04/01/24	Internet dangers	Careers lesson 1 or gender identity	Consent	Relationships	Sexual relationships and health
9	18/01/24	Grooming and Breck Beknar (lesson 1)	Healthy and positive relationships	Sustaining relationships	Gender, power and consent	Careers lesson 2 or human fertility and reproduction
10	01/02/24	Grooming and Breck Beknar (lesson 2)	Sexual consent	The female and male body and functions	Intimate and sexual relationships	Careers lesson 2 or human fertility and reproduction
11	09/02/24	Gaming	Careers lesson 2	Fertility, conception and contraception	Careers lesson 2 or sexual harassment	Pregnancy choices and support
12	05/03/24	Careers lesson 2	Social media	Sexually transmitted infections and safer sex	Careers lesson 2 or sexual harassment	Contraception and sexual health advice
13	19/03/24	Puberty and boys	Cyber-bullying and its impact	Sexual response and pleasure	Dating and relationship violence	Careers lesson 3 or self-examination and screening
14	17/04/24	Puberty and girls	Sexting	Pornography	Contraception and pregnancy choices	Careers lesson 3 or self-examination and screening
15	24/04/24	Rights and Responsibilities: The Rights of the Child	Digital footprint	Careers lesson 2 or readiness for intimacy	Safer sex choices	Mindfulness
16	10/05/24	Rights and Responsibilities: Having a say	Community: Knife crime	Human rights, stigma and discrimination	Personal finance and managing money	
17	24/05/24	Identity and diversity: Living in a multi-cultural society	Community: Charities and volunteering	Community and diversity: LGBTQ+	Survey and stigma or personal finance and managing money	
18	06/06/24	Identity and diversity: British values	Community: Campaigning and raising awareness	Community and diversity: Prevent	Survey and stigma or personal finance and managing money	
19	28/06/24	Personal finance and managing money	Personal finance and managing money	Personal finance and managing money	Living in the wider world: Human rights and diversity	
20	10/07/24	Careers lesson 3	Careers lesson 3	Careers lesson 3	Living in the wider world: Community contribution	

Well-Being Quote:

"There is a crack in everything. That's how the light gets in."

Leonard Cohen