



BROMSGROVE  
SCHOOL

PREP & PRE-PREP

Michaelmas 2024

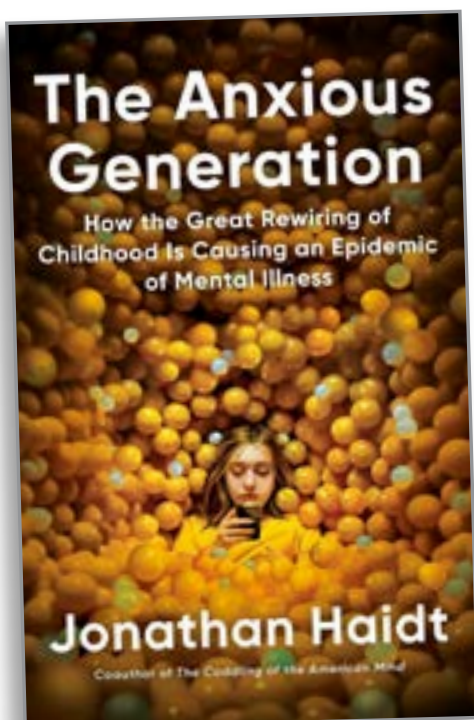
# LifeSkills

## Dear Parents & Guardians

The Michaelmas Term has been jam-packed with events to help your children engage in the world around them. With lots of coverage around a 'no phone policy' in education, and as Australia implements a no social media policy for under 16s; this is a topic that governments, education bodies and parents are discussing widely. We recommend an easy read – 'The Anxious Generation' by Jonathan Haidt.

The psychologist explores the idea of 'safetyism', where young people are thought to be safer staying in their rooms online, than going out by themselves; in short, that the real world is actually safer than the virtual world. An easy, thought provoking read that explores how "To motivate and empower teens, parents, educators, policymakers, and tech industry leaders to act collectively to free children and adolescents from a childhood spent largely alone on screens, and instead promote independence, free play, and responsibility in the real world."

<https://www.anxiousgeneration.com/about>



## Online Safety

Karl Hopwood works in schools across Europe with children, young people, parents, teachers and governors to develop safer online behaviours, promote digital literacy and share his deep and wide knowledge of online safety. In October, he worked with pupils at Bromsgrove Prep School and Senior School from Year 3 to Year 9. Just some of the topics covered (as relevant to the different ages) were: Gaming; Cyber bullying; Sharing and consent; AI - the risks and opportunities; sharing images and the Law; Online reputation.



If you have any concerns about your child's online activity, please contact Mrs Hill (Deputy Head Prep) or Mrs Whiting (Designated Safeguarding Lead). Karl has contributed a lot of resources to the Wellbeing Hub, which is the online platform of free resources for our parents. More information about your free access can be found at the end of this newsletter. Do you know exactly what apps and online content your child is accessing?

## PSHE Education

Personal, Social, Health and Economic Education for all year groups is an important part of their holistic education

Please feel free to read our PSHE and RSHE policies which are available [here](#).

If you have any questions, or would like to see more information about the Jigsaw Education programme please contact Ms Darwood

[kdarwood@bromsgrove-school.co.uk](mailto:kdarwood@bromsgrove-school.co.uk)



## Celebrating Difference

In PSHE during this half-term, your child has learned about...

### Year 3

Families and their differences.  
Family conflict and how to manage it (child-centred).  
Witnessing bullying and how to solve it. Recognising how words can be hurtful. Giving and receiving compliments.

### Year 4

Challenging assumptions. Judging by appearance. Accepting self and others. Understanding influences. Understanding bullying. Problem-solving. Identifying how special and unique everyone is. First impressions.

### Year 5

Cultural differences and how they can cause conflict. Racism. Rumours and name calling. Types of bullying. Material wealth and happiness. Enjoying and respecting other cultures.

### Year 6

Perceptions of normality. Understanding disability. Power struggles. Understand bullying (inclusion and exclusion). Difference as conflict, difference as celebration. Empathy.

### Year 7

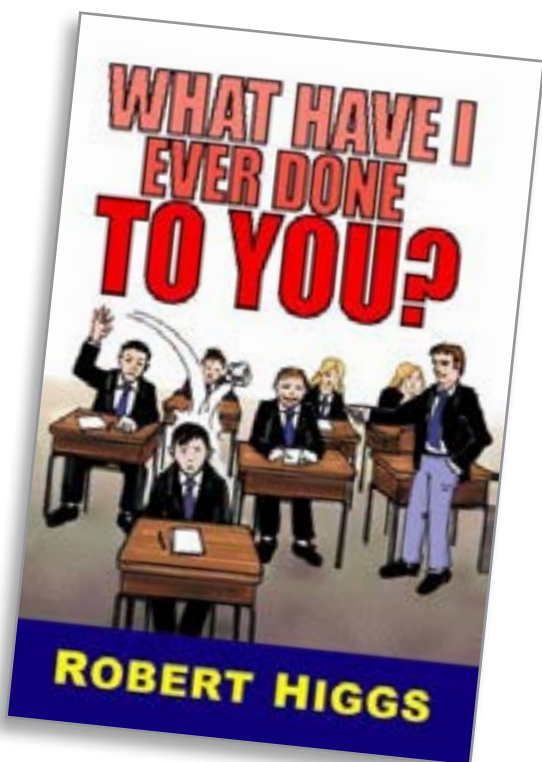
Bullying, prejudice, stereotyping and discrimination. Equality Act 2010. Challenging influences. Negative behaviour and attitudes. Assertiveness. Importance of being included.

### Year 8

Stressbox delivered sessions focusing on relieving stress (Kindly funded by the Parents' Association). Self-identity, influences, family and stereotypes, personal beliefs and judgements.

## Robert Higgs

As part of Anti-Bullying Week, we were delighted to host Rob Higgs, author of 'What Have I Ever Done To You?' as featured on BBC Radio 1, Radio 2, Sky News, BBC Breakfast and Martial Arts Illustrated.



For Years 6 & 7, the presentation began with Rob's live theatre performance: 'The Boy In The Photograph' and was followed by an interactive workshop which addressed the following themes:

- Developing empathy for others - how bullying feels and the effects it can have on a person.
- Understanding the difference between banter and inappropriate comments. Practical skills & strategies for responding to bullying.
- How to change your behaviour if you have been or are a 'bully.'
- How to empower yourself, build confidence, self-esteem and resilience if you are, or have been, bullied.
- Cyber bullying and managing online behaviour.
- The Power of being a 'Defender' bystander- practical things all children can do to challenge situations that don't feel right.

More information can be found on the Wellbeing Hub Platform.

## Anti-Bullying Week



Anti-Bullying Week 2024 took place from Monday 11th - Friday 15th November, with the theme: Choose Respect. Bromsgrove Prep School recognised Odd Socks Day on November 12th, where staff and pupils were encouraged to wear odd socks to celebrate what makes us all unique. The School's ongoing project of Bring Your Whole Self to Bromsgrove School epitomises the opportunities we all have with such a diverse community.

We are really grateful to our outgoing Pupil Voice who reviewed our pupil-led Anti-Bullying Policy. All pupils now have this information in their Prep Diaries, and there are posters located around the School and in classrooms.



We are delighted to welcome Mrs Laura Blakemore, English Teacher, as our new Anti-Bullying Co-ordinator in the Prep School. Mrs Blakemore will work with Mrs Hill (Deputy Head, Prep), Mrs Webley (Senior Head of Year) and both Mr Barnett and Mrs Grove (Anti-Bullying Team members). Together the team will review incidents and acts of unkindness as we strive to minimise bullying behaviours within our school.

Mrs Blakemore brings with her a breath of experience to support and further enhance the work of the pastoral team. She has previously served as the Anti-Bullying Ambassador Lead at her previous school and, last year, completed the Senior Mental Health Pro qualification. Mrs Blakemore is particularly excited about the opportunity to lead the Anti-Bullying Team, oversee the Pupil Buddy system, and collaborate with colleagues to further develop our whole-school approach to anti-bullying efforts.



## New Wellbeing initiative at Pre-Prep

Within the Pre-Prep curriculum, there is a strong emphasis on encouraging the children to form good mental health habits. This year we introduced a new initiative by offering 'myHappyMind' as part of the Pre-Prep curriculum. The myHappyMind scheme helps children develop lifelong habits and equips them with the knowledge, skills and preventative strategies to thrive in the modern world. This scheme, backed and approved by the NHS, enables the children to learn how their brain works so that they can understand how to manage their emotions, and focus on the strategies that develop a growth mindset. The children also learn how to celebrate their unique character strengths, as they build self-esteem before understanding how to embed gratitude, friendships, goals and ultimately, greater resilience into their lives.



The myHappyMind scheme also provides parents with a range of additional resources to further support the development of strategies that can be used to help children and families to understand and enhance their mental health and wellbeing. For more information, please visit: [Home - myHappyMind](#).

## Pupil Voice

We're excited to announce that the Prep School took part in Pupil Voice elections on Friday 4th October. One representative was democratically elected from each form, and all students are now eager to make their voices heard! This is a great opportunity for pupils to get involved, represent their peers, and contribute to shaping our school community.



## Alliance

Alliance is Bromsgrove School's LGBTQ+ society which meets roughly once a month on a Wednesday lunch time. Pride societies like Alliance provide a way for pupils to have open discussions and ask questions in a safe space. Alliance is open for anyone – this includes friends, allies, people who have family members in the community, or anyone who just wants to find out more. Each month there is a general theme, but it is more of an informal get together with friends and snacks.



## Wellbeing Monitors

We are so pleased to have announced our Wellbeing Monitors for the year. Pupils from Year 8 have been eager to join their team members, and are ready for their training! They have already made a big difference, whilst looking after the Lavender Room. They have been keeping the atmosphere calm, ready for those that need some quiet time.



This year we have already celebrated World Mental Health Day, when we highlighted pupils' use of the Wellbeing Hub. Knowing that all pupils in Years 6, 7, and 8 have access to the same wellbeing information from the same source across our Schools is incredibly valuable. Dr Barron was very pleased to show new joiners to the School how to use the system.

## Charities



This term we had a great start to our charities drive. In October, Mrs Hathaway encouraged pupils to take part in a Teams4U shoebox appeal. An opportunity to fundraise and help cover the cost of sending the shoeboxes created by tutor groups, to Eastern Europe. We have been incredibly humbled by the care and charitable nature of parents and pupils. We had a few more charity initiatives in our run up to Christmas, fundraising for - Barnardo's, Save the Children and The Basement Project, all of which were given our special attention. Donations have been gratefully received by the charities.

## ECO Warriors

Such a diverse set of activities has already taken place this Michaelmas. With great excitement felt through the Eco Warriors team, pupils have all contributed to beeswax candle making, litter picking, plant sales and much more. Their purpose is magnificent, to ensure we are all aware of how to help our world environment be as healthy as we can make it. For Sustainability Week, the Prep School Eco Committee led an assembly at Pre-Prep explaining how they can look after the world we live in better, and not make it "sick" as one pupil for Year 2 said. The pupils talked about reducing, reusing, and recycling; read a story about a plastic bag that ended up in the ocean. Whilst we love Preparatory School initiatives, we are also very happy that Year 7 and 8 took part in Sustainability Week across the Senior School, sharing their delivery of apple pressing, waste shock and more. The chance to take part in Orchard walks with Mrs Dakin is a superb way to see our School grounds from an alternative perspective.





# BROMSGROVE PREPARATORY SCHOOL

## PUPIL LED ANTI-BULLYING POLICY

This Policy has been updated by the Year 6 and Year 8 Buddies with help from Pupil Voice (2023-2024)

### THERE ARE DIFFERENT TYPES OF BULLYING:

#### Physical

Hitting, pushing, kicking, tripping, pinching, poking, biting, damaging property

#### Emotional

Isolating others, tormenting, hiding books and equipment, threatening gestures, ridicule, humiliation, intimidation, excluding, manipulation, coercion (to make someone do something)

#### Verbal

Name calling, berating, spreading rumours, threats, teasing, belittling (diminishing, dismissive remarks)

#### Cyber/Online

Posting on social media, sharing photos without consent, sending nasty messages, social exclusion

#### Barter

Just because you say your words are "barter" it does not mean they are.

It is never acceptable to comment or laugh at someone's appearance, their race, sexuality, identity or disability. Saying it is "just barter" or ending your sentence with "just joking" will not make your comments acceptable.

### AT BROMSGROVE PREPARATORY SCHOOL WE ARE UNITED AGAINST BULLYING



### ANTI-BULLYING ALLIANCE DEFINITION OF BULLYING

The **repetitive, intentional** hurting of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

**Repetitive:** happened more than once

**Intentional:** done on purpose

**Imbalance of power:** when a person has power over you; they may be older than you, physically bigger than you, or continue a behaviour despite being asked to stop. There might be an imbalance in number e.g. two pupils or a group of pupils causing one person to be upset.

### WHAT WILL HAPPEN IF I ASK FOR HELP?

- Firstly, you will be listened to and supported by a teacher in school.
- You may be asked to write a statement.
- You may be offered a Buddy, who will act as peer support.
- Generally, minor incidents of bullying will be dealt with by your Form Tutor.
- Every case is individual; sometimes your Form Tutor may have to involve the Head of Year and the Anti-Bullying Team. This is nothing to worry about.
- In most cases, the most useful way for a teacher to begin the process of resolving the issue, is to make the bully aware of the consequences of their actions and give them the opportunity to take steps to modify their own behaviour.
- If the bullying continues after this, however, the bully will receive a sanction in line with the School's Behaviour Policy. Their parents / carers / Houseparents will be informed and made aware that such behaviour is unacceptable and that action has been taken.

### WHERE CAN I GET HELP?

Bullying flourishes if we do not call it out

#### Tell someone

This could be a parent, guardian, Houseparent, Form Tutor, Head of Year or any trusted adult.

Use the Buddy post box or email us: [buddies@bromsgrove-school.co.uk](mailto:buddies@bromsgrove-school.co.uk)

Call Childline for free on 0800 1111

### TOP TIPS ON HOW TO MAINTAIN POSITIVE RELATIONSHIPS

If you can't say something kind, then say nothing.

#### DO

Be an upstander - and report any incidents of bullying or unkindness

Treat others the way you wish to be treated

Laugh with your friends, not at them...

Apologise if you hurt somebody

Include people in your games

Make people feel welcome

Help people who have been, or look, upset

Support each other

Give compliments

Text people online as you would if they were in front of you

Block and report people who are unkind or make you feel uncomfortable online and via your devices

#### DO NOT

Do not be a bystander and let unkind behaviour go unchallenged

Do not call people a snitch for asking for help or not accepting bad behaviour

Do not laugh at people

Do not exclude people

Do not talk about people behind their backs

Do not take other people's belongings

Do not send mean messages to people

Do not physically hurt people

Do not gossip or spread rumours

Do not play nasty jokes on people

Do not ignore people if they are sad

Do not take your bad feeling out on others

Do not threaten others



## BROMSGROVE SCHOOL PREPARATORY

It is not uncommon to have highs and lows as you grow up and sometimes extra support or guidance is needed to help you get through a tricky period of time or to help you reallocate your emotions and feelings.

In the Prep School, there is a wide network of support and there are many people you can turn to if you are finding aspects of your school life, boarding life or home life more challenging.

We recognise that some of your challenges may include:

- Difficulty in making friends and developing happy friendship groups
- Worries about bullying, unkind or unfair treatment (including discrimination) by someone or a group of people.
- Experiencing difficult relationships with other children or adults.
- Adjusting to different demands and expectations in your school life.
- Being concerned or worried about parents or family members working in dangerous roles or experiencing their own difficulties.
- Homesickness as you adjust to life in boarding.
- Feeling worried, anxious and at times overwhelmed.
- Worrying if, or knowing that, you are being bullied.
- Knowing something is wrong that is affecting your everyday life.
- Feeling anxious about a range of situations and issues rather than a specific event.
- Feeling different but not knowing why.

At times like these, you may feel that you would like to talk to someone who will listen and help. This leaflet signposts you to some people who can help.

You can also use a Buddy slip in the Prep Day and post it in one of the Buddy Boxes or email: [buddies@bromsgrove-school.co.uk](mailto:buddies@bromsgrove-school.co.uk)

# WHERE DO I TURN? Advice for Pupils

**Your Boarding Houseparents and Assistant Houseparents**, who are always there to ensure your overall happiness in school and in boarding.

**Your Form Tutor**, who you see daily and is there to provide support and reassurance.

**Your Head of Year**, who can support with behaviour issues, unkindness and safeguarding worries.

**A person of trust or any member of staff**. This can be any person who you feel you can talk to and open up to.

**The Deputy Head, Ms Hill**, who is always happy to talk with you about your concerns, academic or pastoral.

**The Chaplaincy, Reverend Hedworth & Reverend Louise** are approachable and can offer advice and guidance as well as spiritual direction.

**The Anti-bullying Team**. The Anti-bullying staff members, Buddies and Senior School mentors can all support you to develop healthy, happy friendships. Kindness is key for this team.

**The Lavender Room**. A quiet space to step away from busy school life.

**The Boarders' Clinic**. A team of qualified nurses and qualified counsellors to look after your physical and mental wellbeing.

**The Safeguarding Team**. Problems are on display around the school - those people are here to help protect you from harm.

**Year 7&8 Wellbeing Mentors**, who have a good understanding of the Prep School and what it is like to be a pupil here - the highs and lows.

**The Year 6 play monitors**. These are your team-building friends to support Year 3 and Year 4.

**The Mental Health Co-ordinator, Dr Baron**, who is located in the Lymeport building and Lavender Room.

**Mental Health First Aiders**. Problems are on display around the school - those people are here to signpost you to mental health support and can support you in a mental health emergency.

**Your friends and family**, who only ever want the best for you.

### WHO TO TURN TO FOR HELP OUTSIDE OF SCHOOL

#### NSPCC

Helpline: 0800 800 5000

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

#### Woodhouse Social Services

02905 822666 or 0845 907 2000

Out of hours Emergency Duty Team: 02905 768020

Website: [www.west-yorkshire.gov.uk/childrensocialcare](http://www.west-yorkshire.gov.uk/childrensocialcare)

Email: [socialcare@west-yorkshire.gov.uk](mailto:socialcare@west-yorkshire.gov.uk)

#### Office of the Children's Commissioner

[www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)

Telephone: 0800 528 0730

#### Childline

0800 1111 <https://www.childline.org.uk/>

#### BOARDS

If you have any concerns about your welfare at the School you may wish to contact:

ISB (Independent Schools Inspectorate)

Telephone: 0207 600 0100

Email: [com@isib.net](mailto:com@isib.net)

Website: [www.isib.net](http://www.isib.net)

Or if you have personal problems or concerns about School and wish to talk to someone you may wish to contact:

Dr School's Independent Liaison:

Ms Gill Hayward

Telephone: 07984 869070

Email: [ghayward@bromsgrove.net](mailto:ghayward@bromsgrove.net)

The Samaritans

Telephone: 116 123

Email: [js@samaritans.org](mailto:js@samaritans.org)

Website: [www.samaritans.org](http://www.samaritans.org)

Teen Tips Wellbeing Hub

[www.teenstips.co.uk/wellbeing-hub](http://www.teenstips.co.uk/wellbeing-hub)

## Year 8 StressBox

Year 8 pupils enjoyed Stressbox sessions in their PSHE lessons. The lessons were a fun and energetic opportunity to learn about the benefits of staying active!

Through boxing techniques, they explored effective methods of stress relief while also keeping fit. It's a great way to promote both physical and mental well-being, kindly funded through our Parents' Association.



## Teen Tips Wellbeing Hub



We are immensely grateful to the Senior and Prep School PAs for funding the Teentips Wellbeing Hub. This is an invaluable source of fact-checked information for the whole community." Miss Leech, Director of Health & Wellbeing.



Scan above or [click here](#) for your free account.

As a Bromsgrove parent, you are entitled to free access to the Teen Tips Parent Hub. This is an interactive online portal, designed to help you guide your children, as they navigate their School years. We believe it is an invaluable source of information and support for the whole Bromsgrove community.

More information can be found at: [Teen Tips - Onsite & Online Training for Parents & Schools](#)

As a member, you benefit from:

- Complete Parenting Teens Audio & Video Courses
- Weekly Updated Resources - podcasts, blog posts, interviews, tips, and articles
- Weekly Live Q&A with a Child & Adolescent Psychotherapist
- 'Inspiring Futures' Careers Mini-Podcasts to play to your child
- Ask the Expert Q&A Service
- Q&A Library
- Parents Forum

All pupils at Bromsgrove School have access to the Teen Tips Wellbeing Hub. They have access to a wide range of age-appropriate wellbeing resources including:

- Answers - a huge bank of Q&As on pretty much every topic
- Top Tips - films, blogs, and tip sheets on all manner of themes
- Spark - an area to find positivity, inspiration, good news and more
- Futures - Careers Advice and Inspiring Futures Podcasts
- Help Zone - with links to specialist organisations

Our staff also have access to the parent and pupil hubs, which further promotes the wellbeing and positive mental health of the pupils. On the parent hub you have free access to these upcoming events, more information about future dates is on the site.

# The Wellbeing Hub Content Line-up - Staff/Parents Spring Term 2025 -

## January - Social media and mental health

**W/c 06.01** Podcast: The impact of social media on children and young people's attention with Elizabeth Milovidov, Lawyer and E-safety Consultant

**Tues 14.01** Webinar: **The relationship between social media, health 'influencers', and body image** with Notasha Devon MBE, Author, Presenter and Activist

**W/c 20.01** Podcast: The connection between self-esteem and social media with Tracy Moxley, Executive Director of Schools for New Century Education

**W/c 27.01** Podcast: the healthy selfie: how to like yourself in the digital age with Dr Suzie Davies, Author and Founder of PAPAYA (Parents against phone addiction in young adolescents)

## February - Friendships and relationships

**W/c 03.02** Blog: Friendships in the early years by Dr Amanda Gummer, child development expert and Founder of The Good Play Guide

**Weds 12.02** Webinar: **Healthy masculinity and relationships** with Fredi Beard, Director of Operations at Voicebox, an organisation tackling unhealthy masculinity

**W/c 17.02** Podcast: Supporting boys' friendships with Fredi Beard, Director of Operations at Voicebox

**W/c 24.02** Podcast: Friendships in the early years with Dr Amanda Gummer, child development expert and Founder of The Good Play Guide

**Bonus:** Blog: Friendships at school by Dr Vanessa Mitchell, Assistant Head Pastoral, The Arbor School Dubai

## March - Addiction

**W/c 03.03** Podcast: Vaping addiction with Zoe Shuttleworth, Director of It Happens Education

**W/c 10.03** Podcast: Strategies for tackling tricky issues: compulsive gaming, obsessive phone use, and anxiety with Anita Cleare, Director of Positive Parenting Project and Alicia Drummond, Therapist and Founder of The Wellbeing Hub

**Tues 18.03** Webinar: **Be curious not judgmental: teens and drugs, what to know, when to worry and what to say** with Prof. Adam Winstock, Director of Staying Safer

**W/c 24.03** Video: How to spot the signs of addiction by The Wellbeing Hub



# The Wellbeing Hub Content Line-up - Staff/Parents Spring Term 2025 -

## April - Neurodiversity

**Weds 02.04** Webinar: Adolescent issues for autistic teenagers with Prof. Tony Attwood, International best-selling Author and Clinical Psychologist specialising in Autism Spectrum Disorders

**W/c 07.04** Podcast: ADHD tendencies and how to prevent associated mental ill-health and addiction later in life with Henrietta Wynne Finch, Psychotherapist

**W/c 14.04** Podcast: How to support your child in the lead up to and following an educational psychologist assessment: advice for parents and carers with Dr Olivia Kessel, Founder of SEND Parenting

**W/c 21.04** Act for Autism Course: The 3C pathway, sensory challenges, communication strategies, autism in girls, teenagers and lots more by Tessa Morton, Founder of Act for Autism

**W/c 28.04** Blog: When self-regulation looks like bad behaviour by Hannah Rapp, Child and Adolescent Psychotherapeutic Counsellor

[hub@teentips.co.uk](mailto:hub@teentips.co.uk)



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