



BROMSGROVE
SCHOOL

Michaelmas 2024

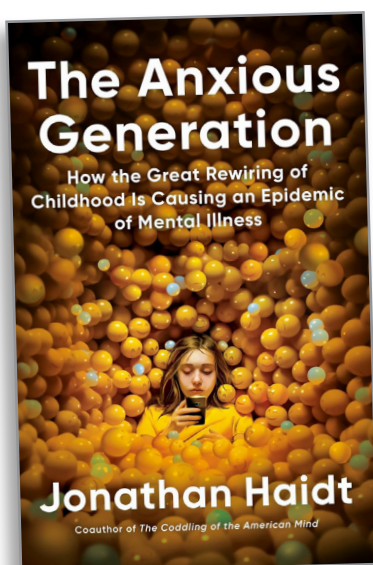
LifeSkills

Dear Parents & Guardians

Welcome back, and a happy new School year to all families at Bromsgrove School. Michaelmas Term is jam-packed with events to help our young people engage in the world around them and flourish.

We have expanded the 'no mobile' phone policy to Fifth Form, and there is much media coverage supporting the removal of phones across education in the UK. If you are living elsewhere in the world, this is a hotly discussed topic with governments, education bodies and parents considering the pros and cons of phone use. I recommend to you – '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. On Wednesday 9th October, he will be working with pupils at Bromsgrove Prep School and Bromsgrove Senior School from Year 3 to Year 9, with a parent session running at 5.30pm in Routh Hall. Just some of the topics covered (as relevant to the different ages) will be: Gaming; Cyber bullying; Sharing and consent; AI - the risks and opportunities; Online reputation.

The parent workshop will:

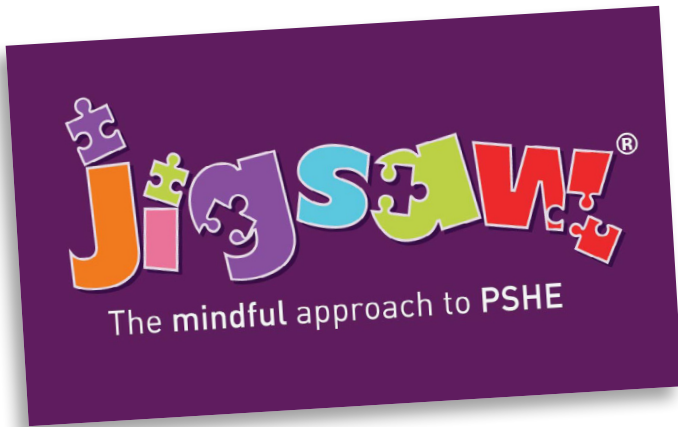
1. Give an overview of what children and young people are doing online.
2. Talk about the key risks and challenges that they face (using the latest research findings to back this up).
3. Provide solutions – practical and technical things that parents can do to keep their children safer online.

Please email our designated Safeguarding Lead Julia Boonak jboonak@bromsgrove-school.co.uk with any questions.



Lifescills & Enrichment

Personal, Social, Health and Economic Education for all year groups is an important part of their holistic education. Fourth and Fifth Form pupils have a timetabled lesson each week. We are delighted to be working closely with the Prep School, and PSHE Association accredited package called Jigsaw. V1th Form have information cascaded through tutor time, external speakers and the enrichment programme.



Please feel free to read our PSHE and RSHE policies which are available here.

If you have any questions or would like to discuss Lifescills please contact Miss G Farrell
gfarrell@bromsgrove-school.co.uk

Enrichment Evening Lectures

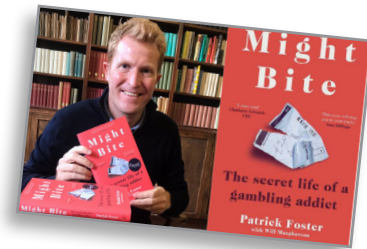
We are offering parents/guardians a series of PSHE (Personal Social Health & Economic Education) related lectures that fall under our Sixth Form Enrichment Programme. The talks will be delivered to pupils, with the opportunity for families to attend in the evening. We know that a strong pastoral relationship between home and School is the best way to increase the wellbeing of young people.

Date: Monday, 7th October 2024
Time: 6:30pm
Venue: Routh Hall
Speaker: Dave Parvin (Drug Sense UK)

Dave Parvin comes from a professional background as a former Police Drug Squad and Drug Liaison Officer.

Date: Monday, 18th November 2024
Time: 6:30pm
Venue: Routh Hall
Speaker: Patrick Foster Home - GAM-Ed

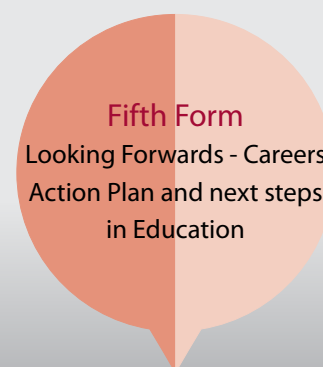
Patrick Foster is a former professional cricketer, insurance broker, and independent schoolteacher whose life was devastated by a gambling addiction.



Date: Monday, 4th November 2024
Time: 6:30pm
Venue: Routh Hall
Speakers: PC Neil Sharpe and Anna Southall (West Mercia Road Safety Team)

Raising awareness around safety for young drivers and passengers.

Michaelmas Term Life Skills Themes Covered



Anti-Bullying Week

Anti-Bullying Week 2024 will take place from Monday 11th - Friday 15th November, with the theme: Choose Respect. Bromsgrove will recognise Odd Socks Day on Friday 15th November, with adults and pupils being 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 in such a diverse community.



Where Do I Turn?

All pupils have access to a number of wellbeing resources, this includes the 'Where Do I Turn Poster' that signposts to a number of different options. Parents & guardians can also find information under the 'Health and Wellbeing' section of the School website.

BROMSGROVE SCHOOL

WHERE DO I TURN?
Advice for Pupils

WHO TO TURN TO FOR HELP OUTSIDE OF SCHOOL

NSPCC
Helpline: 0800 900 5000
Email: help@nspcc.org.uk
Website: www.nspcc.org.uk

West Midlands Social Services
01905 822666 or 0545 607 2000
Out of Hours Emergency Duty Team:
01905 769020
Website: www.westmidshires.gov.uk/childrensocialcare
Email: support@westmidshires.gov.uk
Office of the Children's Commissioner
www.childrenscommissioner.gov.uk
Telephone: 0800 528 0731

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

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

ISi (Independent Schools Inspectorate)
Telephone: 0207 600 0100
Email: concerns@isi.net
Website: www.isi.net

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

Our School's Independent Listener, Mrs Gill Hayward
Telephone: 01924 869070
Email: gs.hayward@btinternet.com

The Samaritans
Telephone: 116 123
Email: info@samaritans.org
Website: www.samaritans.org

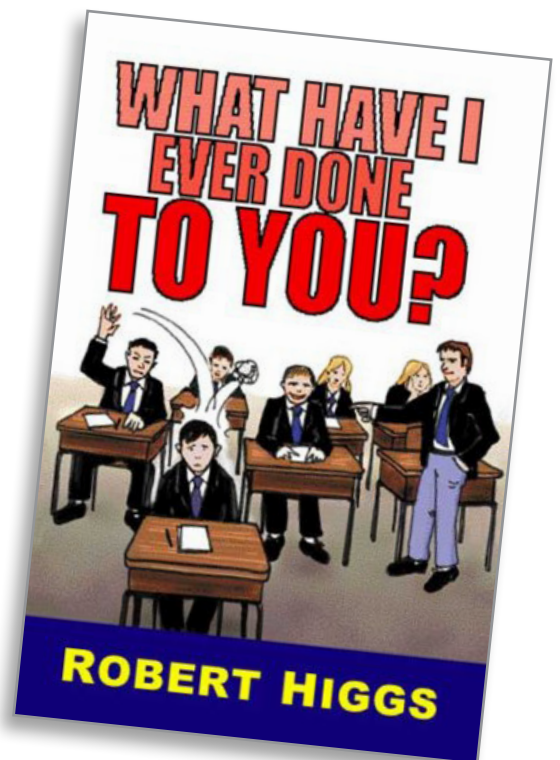
September 2024

Anti-Bullying Speaker

In recognition of Anti-Bullying week we are 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. Rob will be speaking to all Lower Fourth pupils.

The presentation begins with Rob's live theatre performance 'The Boy In The Photograph' followed by an interactive workshop which addresses 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 'positive' bystander- practical things all children can do to challenge situations that don't feel right.





"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.

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.

More information can be found at: Teen Tips - Onsite & Online Training for Parents & Schools



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

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.



Helping your child to have healthy friendships and relationships with Alicia Drummond, Therapist and Founder of The Wellbeing Hub, 16th October, 6:30pm BST



Managing challenging behaviour with Clare Price, Mental Health Nurse, BABCP Accredited CBT Therapist, Supervisor, Suicide First Aid Trainer and Speaker at The Charlie Waller Foundation, 20th November, 6:30pm GMT



Understanding the current landscape for boys and young men with Amy Forbes-Robertson, Author and Founding Director of It Happens Education and Ben Hurst, Director of Facilitation at Beyond Equality, 18th December, 6:30pm GMT

The Wellbeing Hub Content Line-up - Autumn Term 2024 -

October - Boundaries

W/c 30.09 Blog: What are boundaries and why do they matter by Dr Maryhan, Psychologist & Parenting Expert

W/c 07.10 Video: How to set effective boundaries with Alicia Drummond, Founder of The Wellbeing Hub

Wed 16.10 Webinar: **Helping your child to have healthy friendships and relationships** with Alicia Drummond, **16th October, 6:30pm BST**

W/c 21.10 Blog: Understanding people pleasing and how to set effective boundaries by Dr Tamara Scully, Clinical Psychologist

W/c 28.10 Video: A tool to help pupils set boundaries with friends by The Wellbeing Hub

November - Mental health conditions

W/c 04.11 Podcast: Depression in young people with Dr Caroline Urwin, Consultant Clinical Psychologist

W/c 11.11 Podcast: How our internal dialogue impacts our mental health with Dr Haneyeh Belyani, Child and Adolescent Therapist and Counselling Psychologist at The Khiron Clinic

Wed 20.11 Webinar: **Managing challenging behaviour** with Clare Price, Mental Health Specialist, Clinical Supervisor, CBT Therapist and Speaker at The Charlie Waller Foundation, **20th November, 6:30pm GMT**

W/c 25.11 Video: The dangers of self-diagnosing mental illness on social media and questions to ask yourself by Fiona Yassin, Founder and Clinical Director of The Wave Clinic

Bonus: Podcast: A mother's personal story of supporting a child with a mental illness

December - What you need to know

W/c 02.12 Blog: Deep fakes – "it's not actually me – it's an AI image"...challenges and solutions for schools by Karl Hopwood, Independent Online Safety Expert

W/c 09.12 Video: Gang culture and why all parents need to understand it with Jordan Ignatius, founder of Reaching Higher and Gavin English, Deputy Head (Pastoral), Alleen's School

Wed 18.12 Webinar: **Understanding the current landscape for boys and young men** with Amy Forbes-Robertson, Author and Founding Director of It Happens Education and Ben Hurst, Director of Facilitation at Beyond Equality **18th December, 6:30pm GMT**

W/c 23.12 Top safety tips for parents and young people by The Wellbeing Hub

Bonus: Blog: What do you do for Christmas: multiculturalism and belonging by Sneha Khilay, Managing Director at Blue Tulip Consultancy, Expert in Equality, Diversity and Inclusion Development