

ISSUE 1 • OCT 2023

# ETHOS AND WELLBEING NEWSLETTER

We are delighted to bring you our first edition of our Ethos and Wellbeing newsletter. The aim of the newsletter is to keep you updated with the Catholic Life of the school, PSHE, Mental Health and Wellbeing topics students will be studying during the Autumn term.

If you have any queries or wish to discuss anything further please let us know.

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## In this issue:

INTRODUCTION  
PAGE 1

CATHOLIC LIFE  
PAGE 2 – 4

PSHE  
PAGE 5

RSHE  
PAGE 6

PASTORAL  
ASSEMBLIES  
PAGE 7

MENTAL HEALTH AND  
WELLBEING  
PAGE 8 – 12

ONLINE SAFETY  
PAGE 9



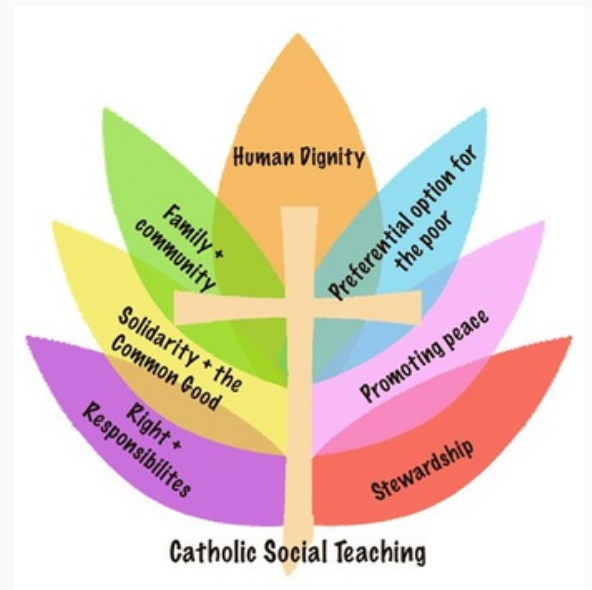
# Catholic Life

Keeping Christ at the centre of our day.

Our Mission statement promotes the truth that fullness of life is to be found when Christ is at the centre of our lives. St Bede's pupils flourish academically, spiritually and emotionally through the realisation of this in daily life. It is for this reason that every single day begins with collective worship in a variety of forms.

## Catholic Social Teaching in the Media: Liturgy breakfast meetings.

We are blessed to have the most wonderful group of pupils who discuss, plan and deliver thought provoking and engaging collective worship to every form class. We currently have 29 pupils who meet for breakfast every Tuesday in chaplaincy to discuss an issue in the news which they wish to explore through the lens of Catholic Social Teaching. They then spend break and lunchtimes creating a media resource which examines how scripture and Catholic Social Teaching can help us respond to the issue in a compassionate and socially proactive way. Recognising that faith without action is not an option, they make proactive suggestions about how we can bear fruit in the coming week. They share this resource with all form classes who then discuss it during form time. We continue to be delighted and moved by the energy and commitment of these amazing young people who are outstanding role models for all of us. All pupils are welcome to join the Liturgy group on Tuesdays from 8.30am, in Chaplaincy.



## Lectio Divina Sunday Gospel Reflections

In our busy lives where everything is instant and immediate, taking time to be still and prayerful is something beautiful. With this in mind, every week, our pupils reflect on the coming Sunday's Gospel during form time. Taking time to reflect on the wisdom of scripture and allowing it to guide us, illuminating things from a different perspective and helping us to navigate our way through the week can be hugely fulfilling. Our young people have so many decisions to make on a daily basis, providing them with the opportunity to be reflective and develop these skills of discernment is hugely beneficial. We follow the process of Lectio Divina, which may well be an ancient Christian tradition, but the necessity and relevance of it for our young people is significant.



## St Bede's Leadership in Faith Conference.

We are delighted to announce that we will be holding our first Leadership in Faith Conference on 1st November 2023. We will welcome guest speaker Joe Wells from The One Hope Project .

The purpose of the day is to inform and inspire a cohort of pupils who are already involved in liturgy preparation and social outreach, to develop in their proactive leadership in these areas.

We envisage a day in which pupils will plan engaging prayer and liturgy ideas which will equip and empower them to lead in worship and to explore some practical ways they can live out Catholic Social Action through advocacy and direct social action. The pupils who are already involved in leadership and/or faith formation groups are hugely excited to work with Joe and explore how they can respond to their call to bear fruit through Catholic Social Teaching. We look forward to a great event.

### Year 7 Welcome Day and Mass

An enjoyable day was had by all as we welcomed our wonderful year 7s into our St Bede's family. The day began with an assembly reminding us that we are each a unique work of art by God, and completely beloved by God. It is through remembering this truth, that we are able to live authentic lives, free to flourish as we walk our own unique path.

After spending time making their form symbols, pupils then took part in a number of workshops, drama, faith trails and team games, all of which allowed pupils to get to know people in their form classes a little better. The day culminated in a beautiful Mass led by Father Godric. Pupils presented their beautifully crafted form symbols , symbols which represent their vision for the class they will stay in for the next five years. It was beautiful to welcome so many parents and guardians to Mass and into our St Bede's family. A huge thank you to all of our lovely readers and our amazing choir.

### Million Minutes Peace and Justice Group and prayer space

Along with busily planning a community social outreach mapping event, which we hope will build on the success of their last event, the Million Minutes Peace and Justice group have been helping to create our new St Bede's Prayer space. The creation of our prayer space will allow pupils and staff space and opportunities to develop in their faith journeys both through individual and larger group prayer and reflection sessions.

A huge thank you to all of the pupils who have entered the stain glass window competition and to the art department who facilitated this. We were inundated and responses were beautiful, thought provoking and creative. The winners will be announced before half term.

We look forward to the completion and blessing of our beautiful prayer space in November .

### Faith In Action

Faith In Action is a national faith formation award which is designed to enable our young people to plan and implement projects in school and in their parish which allow them to put their faith into action. The program rewards active service in schools and parishes whilst also providing opportunities for reflection and exploration of how scripture and Church teaching shapes us and our actions. Pupils have the opportunity to work towards bronze, silver and gold awards.

We currently have year 9 pupils working towards silver awards, inspired by the efforts of former year 11 pupils, who achieved gold. We very much look forward to inviting year 7 pupils to join this wonderful group allowing them to put their faith into action.



## St Vincent De Paul

Our school works very closely with the St Vincent De Paul group from St Anne's Parish. St Vincent De Paul is a Catholic Social Outreach group who work to support vulnerable families in a range of ways, practically and financially. In the current cost of living crisis, so many families are struggling, families who in the past, would have been able to support charities and foodbanks themselves.

Because of the wonderful work of the SVP, we are in a position to assist families with the cost of basic needs, food and energy costs. If you are finding things challenging and you require assistance, please do not hesitate to contact school. All information and assistance is strictly confidential. E.brown@sbchs.co.uk

Sincere thanks to the SVP who continue to make a difference to lives of so many in our local community.

## The Fast Fashion Working Party

Dear Parents and Carers

We have known for years that most of our clothes are made in countries where workers suffer physically and financially to feed our hunger for fast fashion. We are also aware that the impact of fast fashion on the environment is huge.

As a group of young people, who recognise that care for creation and recognising the dignity of all is integral to our faith, we have created a Fast Fashion working party.

Fast fashion can be defined as cheap trendy clothing that samples ideas from the catwalk or celebrity culture and turns them into garments in High Street stores at breakneck speeds to meet consumer demands. The idea is to get the newest styles on the market as fast as possible so shoppers can snap them up while they are still at the height of their popularity and then sadly discard them after a few wears. The people who make our clothes are underpaid, underfed and pushed to their limits because there are few other options. This isn't just our opinion, the European parliament uses the term 'slave labour' to describe the current working conditions of clothing workers in Asia who make the clothes which we buy, often that we're not sure we actually even like and then maybe wear once or twice.

Someone somewhere is paying. The cost on the tag might be low, but the cost to the lives of the workers, and to the environment is off the scale.

We may be disgusted by the fact that countries are exploiting children, disgusted by the misery and exploitation of poor populations who have no choice but to work for any salary, in any working conditions. But what about our role in it? What part do we play in the exploitation?

We cannot expect much from the corporate world or from governments if we are the ones who keep buying, pretending that it's not really happening, conveniently forgetting the true cost of fast fashion. So, as a group, we plan in the coming months to raise awareness of the damage of fast fashion in a variety of ways. We will do this through advocacy and social action. In the first instance, we are planning and delivering assemblies in school to raise awareness, we will represent our school at the youth COP28 conference in November and we are planning an exciting swap shop event which is the most ethical and enjoyable way to expand our wardrobes for free!

We will keep you updated about our fast fashion project but in the coming weeks perhaps we could invite you to take positive action in the way we shop by following these top tips.

\* 30 wear rule. Before buying new clothes ask yourself if you will wear them at least 30 times if you can invest in long wear items then do so you will get much more wear out of them and they won't fall apart after a few wears.

\* Get stains out. Stains do not equal the death of your clothes so don't give up hope. You can get grass stains out with vinegar, blood with salt sweat with lemon juice and don't forget Google exists for a reason.

\* Try and shop better. Invest in base clothes. These are normally one colour and have no loud patterns. By having these staple pieces you have a range of things to pair with other things, to and mix and match.

\* You can find hidden gems in charity shops and car boot sales. Buying fast fashion brands second hand means fewer clothes going to landfill.

\* Do your research. When you are buying from any brand have a look at their ethics and how sustainable they are. How much waste do they produce? How much do they pay their workers?

With warmest wishes

The Fast Fashion Working Party.





# Personal, Social, Health, Economic (PSHE)

All students will study the following topics throughout the academic year.



**Guest Speakers**

**Year 7** – Network Rail, the British Transport Police and Breaking the Chain.

**Year 11** – Year 11 will attend a number of talks delivered by local colleges which will offer advice on post-16 choices.

**Careers Interviews**

Year 11 are currently having 1:1 careers interviews with an external provider.

## PSHE Topic this Term

During the autumn term, each year group will study the following topics.

	Year 7	Year 8	Year 9	Year 10	Year 11
Half Term 1	<b>Health and Wellbeing</b> – coping with change, diet and exercise and stillness.	<b>Staying Safe</b> – digital safety, first aid and negative social media influences.	<b>RSHE</b> – love people, use things, consent and sexual exploitation & safety..	<b>Citizenship</b> – commonwealth/UN, UK constitution and electoral systems.	<b>Careers and Aspirations</b> – work experience, PS, applications and next steps.
Half Term 2	<b>Staying safe</b> – bullying, road, rail and water safety and first aid.	<b>Citizenship</b> – monarchy, parliament, justice and money.	<b>Serving the Common Good</b> – individual liberty, don't be a bystander, human rights and CST.	<b>Careers and Aspirations</b> – revision techniques, CV introduction, exam stress and anxiety.	<b>Health and Wellbeing</b> – Exam stress, anxiety, mindfulness, medical and health choices.

# Relationship, Health and Sex Education (RSHE)

This term Year 9 students will attend three RSHE sessions exploring human dignity, consent and sexual exploitation and safety.

## The Ten Ten RSHE Parent Portal

The Ten Ten Parent Portal contains:

- An overview of the programme, “Life to the Full”
- Guidance for parents on the content of lessons
- Activities that can be undertaken at home to support the delivery of the programme

If you would like to find out more about the RSHE curriculum, then please follow this link:

<https://www.tentenresources.co.uk/parent-portal/>

\*Username and log in details have been emailed to parents.





# Pastoral Assemblies

Each week students will attend a pastoral assembly that will cover topics to compliment and enhance the Personal Development Curriculum and the Catholic Life of the School. Below are some of the topics covered.

Behaviour  
and  
Standards

Rewards

Stress  
Awareness

World  
Kindness  
Day

Youth  
Mental  
Health Day

Black  
History  
Month

Anti-  
bullying  
Week

Hidden  
Illnesses

Self care

Social  
Media -  
body image

Transition

Celebration  
Assemblies

**“I am the vine, you are the branches.  
Whoever remains in me, with me in them, bears fruit in plenty.” John, 15:5**



# Mental Health and Wellbeing

## Youth Mental Health Awareness Day

19th September 2023

Youth Mental Health Day (YMHD) encourages understanding and discussion of mental health in young people, enabling them to live happy and healthy lives all year round. Each year, the day aims to get young people, and those who support them, talking about how to improve mental health.

This year's Youth Mental Health Day theme is #BeBrave. Whether it's building confidence in facing difficult situations, building social confidence through learning to work together on team tasks, or learning to have the courage to fail by doing something new no matter what the outcome, being brave can mean something different to everyone.

### Mental Health First Aiders

- Miss Palmer
- Miss Noon
- Mr Lloyd
- Mrs Longson
- Mrs Wainwright
- Mr Cox
- Mr Lockyer
- Mr Doolan

stem4's award-winning mental health apps are available to download from the App Store and Google Play



CALMHARM

A free app to help teenagers resist or manage the urge to self-harm  
[www.calmharm.co.uk](http://www.calmharm.co.uk) |  
[@calmharmapp](https://twitter.com/calmharmapp)



CLEARFEAR

A free app to help children and young people manage the symptoms of anxiety  
[www.clearfear.co.uk](http://www.clearfear.co.uk) | [@clearfearapp](https://twitter.com/clearfearapp)



MOVE MOOD

A free app to help teenagers manage low mood and depression  
[www.movemood.co.uk](http://www.movemood.co.uk) |  
[@appmovemood](https://twitter.com/appmovemood)



COMBINED MINDS

A free app to help families and friends provide mental health support  
[www.combinedminds.co.uk](http://www.combinedminds.co.uk) |  
[@combmindsapp](https://twitter.com/combmindsapp)



WORTH WARRIOR

A free app to help young people manage low self-worth, poor body image and related eating disorders  
[www.worthwarrior.co.uk](http://www.worthwarrior.co.uk) |  
[@worthwarriorapp](https://twitter.com/worthwarriorapp)



# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

## WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS  
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



[www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk)



@thenatcollege



/thenationalcollege

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# Keep your child safe online

It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.

Talk to your child about the importance of creating a safe online environment, including keeping any log-in details and passwords safe.

These resources will support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

- Thinkuknow by the National Crime Agency – Child Exploitation and Online Protection command (NCA-CEOP) – resources for parents and carers and children of all ages to help keep children safe online
- Childnet has developed guidance for parents and carers to begin a conversation about online safety, as well as guidance on keeping under-fives safe online
- Parent Info is a collaboration between Parent Zone and NCA-CEOP – support and guidance for parents and carers related to the digital world from leading experts and organisations
- National Society for the Prevention of Cruelty to Children (NSPCC) – guidance for parents and carers to help keep children safe online
- UK Safer Internet Centre – tips and advice for parents and carers to keep children safe online – you can also report any harmful content found online through the UK Safer Internet Centre
- Inclusive Digital Safety Hub and Online Safety Hub, created by South West Grid for Learning in partnership with Internet Matters – support and tailored advice for young people with additional learning needs and their parents or carers
- Parents' Guide to Age Ratings explains how the British Board of Film Classification rates content, and gives parents advice on choosing online content well
- The Children's Commissioner has published advice for parents on talking to your child about online sexual harassment specifically, based on input from children themselves





# Notices



Kooth is a free, safe and anonymous place for young people to find online support and counselling.

You can find online articles and discussion boards, chat and message members of the team and write in your own daily journal helping you to track your feelings and mood changes throughout the week. Kooth magazine contains creative pieces and personal experiences written by young people.  
[www.kooth.com](http://www.kooth.com)

## St Bede's Recycled Uniform group.

We are blessed to have a group of parents who run the St Bede's Recycled Uniform group. This group was started by the wonderful Nicki Carroll and continues thanks to the hard work of our wonderful parents.

If you would like to join, use this link below. Any items are shared in the group have no charge, so not only are uniforms kept from landfill, it helps budgets go further. The group is the place to share any good condition uniforms, coats, revision books, etc that you no longer need that can be reused by another family and to look for any items you need. If the item you are looking for is not available, you are able to make a request to group members.

[https://www.facebook.com/groups/816215389557517/?ref=share\\_group\\_link](https://www.facebook.com/groups/816215389557517/?ref=share_group_link)

## Other Organisations For Help and Advice

For information and advice about being healthy and looking after yourself, or if you need someone to talk to, you might find it helpful to look at the following websites:

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

[www.nhs.uk](http://www.nhs.uk)

[www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)

[www.there4me.com](http://www.there4me.com) (Childline)

<https://education.stem4.org.uk/apps/>

Mind Infoline – 0300 123 3393 (9am–6pm, Mon–Fri)

Saneline – 0300 304 7000 (4pm–10pm every day)

The Mix (age 11–25yrs) – 0808 808 4994 (4pm–11pm)

Papyrus – 0800 068 414 (9am–Midnight every day)

Drugs and Alcohol

Talk To Frank – 0800 7766 000 [www.talktofrank.com](http://www.talktofrank.com)

Emotional Health and Wellbeing

[www.youngminds.org.uk](http://www.youngminds.org.uk)

If there is any additional support you or your child need, please do not hesitate to contact school.

Parent or  
carer



You can text a  
school nurse on

07312263554

We can help with all kinds of things like.....

Emotional Health & Wellbeing

Keeping Healthy Bedwetting

Sleep Bullying Dental Health

Growing Up Keeping Safe

Support with Medical Conditions

in School

#### Confidentiality

We might inform someone if we are concerned about the safety of you, your child or someone else but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm Monday to Friday (excluding bank holidays).

If you need help before you hear back from us, contact your GP, nearest walk-in centre or dial 111. If it is an emergency call 999 or go to the emergency department (A&E). Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number.

Messages are charged at your usual rates.

