



"MAKE TALK YOUR GOAL" NEWS

DECEMBER 2024

WHATS NEW

Another amazing few weeks working with our new cohort of Make Talk Your Goal boys. All the boy's from different year groups have welcomed one another and made positive friendships with one another. The boys have been working at how important our routine is for our day to day life and how best to manage our online use the negative impacts this can have and how it can effect our day within school. The boys have also been working on mindset and mediation. We have also been thinking about how we can connect our local community within our walks. Have a look how we have made our local community smile. If you would like to be part of the next group please speak to Miss Noon



WELLBEING



On Tuesday's with Mr Lloyd we discuss the importance of health life styles. Our sleep routine's, socials media use, online gaming. Our boy's have been discussing why its ok to talk how we are feeling, respecting one

POSITIVE MINDSET

In Thursday's sessions with Miss Noon we talk and think about ways to manage our thoughts to help us think positively. This group of boys have worked so well together in helping boost each other up support each other

ART THERAPY

Friday is our weekly art session with Miss Byrom. We have covered feelings and emotions masks, painting by classical music and designing plant pots and growing seeds for our boy's to nurture and look after. Watch this space for our growth seed update.



WALKING AND TALKING

Wednesday is one of the most favourite parts of our week, walking and talking. The British weather never stops us. We really enjoy being in our local community, muddy walks, and perfect views. While doing this we chat to our local resistant's and of course their dogs. As we get to the local hill we look around take in all the lovely views and regulate our breathing. We discuss things in our life that we are grateful for.



LEARNING ABOUT THE TEENAGE BRAIN.



We have been learning about how the teenage brain works and how our emotions and feeling can affect our bodies. We have done lots of group work on how our hormones effect us, the choices we make in and out of school and how important it is to treat everyone with the same respect.

BREW AND BUTTY

Our boys meet up at Monday form time to have a bacon butty and hot chocolate. The boys use this time to check in with one another, share news of the weekend and discussing the week ahead.











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WHATS NEW

To round the school year off nicely, the next cohort of girls for “Just Think” mental health programme. The girls have made us so proud how they have all supported one another, been so open of thoughts and feelings. Discussing social media use, how we are all unique and ensuring we all treat one another with respect. If you would like to be a part of the next group, please speak to Miss Noon.



WELLBEING SESSIONS



BREW AND BUTTY

ART THERAPY



On Monday morning we meet in the dining hall for a hash brown and drink, the girls prefer this to a butty. We use this time to reflect on positive thoughts and reflecting on gratitude .

On Tuesdays we have an Art session with Miss Byrom and Miss Noon. These sessions encourage children to express themselves through different forms of art. In this session, the girls completed masks to discuss feeling and emotions how they feel on the inside and out.

On Fridays, we get together and talk about what things can help us be the best version of ourselves. The girls have spent time discussing the importance of making time for ourselves, getting enough sleep and eating healthy foods.

WALK AND TALK



LEARNING ABOUT THE TEENAGE BRAIN.

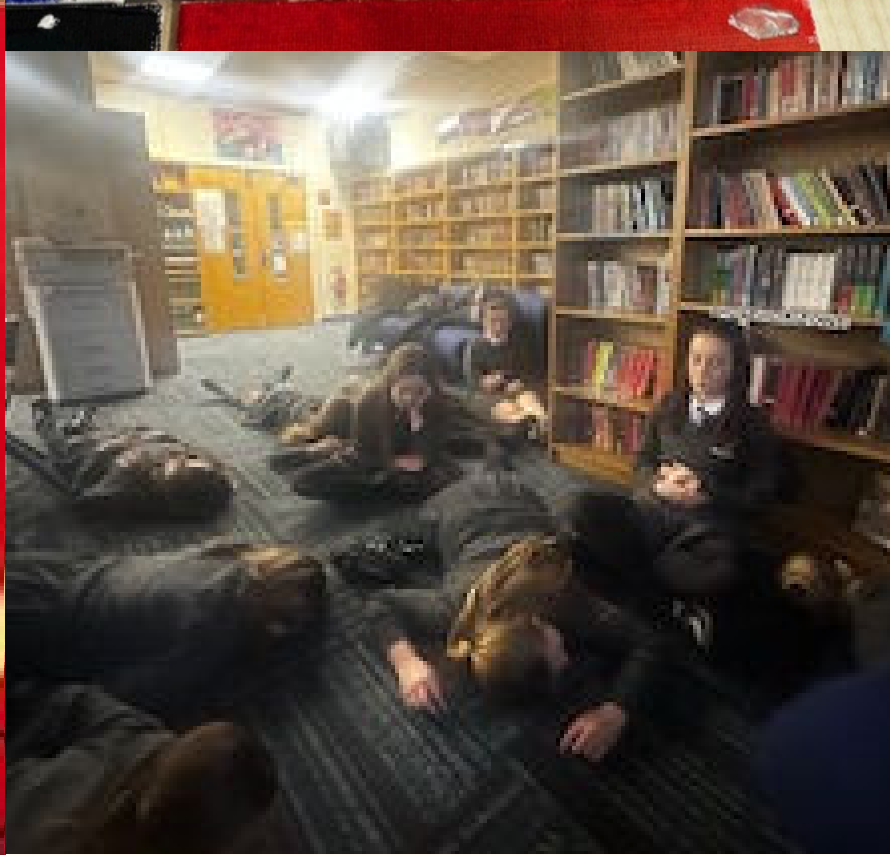
We have been studying the functioning of the teenage brain and how our brains require restful sleep and time away from electronics in order to function properly. We also talked about how our feelings and emotions can affect our bodies.



Our girls were so lucky to have their walk when it had snowed. Of course we couldn't resist making snowballs and snowmen. We all came back with lovely rosy cheeks and lots of smiles.







THURSDAY 10TH
OCTOBER 2014
ST BEDES HIGH SCHOOL



HELLO YELLOW



Making more awareness of young people's mental health #HelloYellow

Hello Yellow /World Mental Health Day at St Bede's High School. We had a full week of supporting and making more awareness to all our year groups within school.

Each year group had an assembly that was run by pupils that have completed our Make Talk Your Goal or Just Think programme which address and highlights what is mental health, how can we all work together to support this and what additional support is out there for us all.

For our new intake of year 7 pupils a range of fun activities was organised such as making stress toys, painting to relaxing music, feelings and emotions masks, sand jars highlights what is important in our life and why. We had Hello Yellow props made for us all to use around school at break and lunchtime. Look at the Hello Yellow board in the main corridor for your photograph.









