



November 2018

Dear Parent/Carer

Year 9 PSHCRE Day – Friday 9 November 2018

All Year 9 students will be taking part in a PSHCRE Day entitled 'Health, Wellbeing and Safety' on Friday 9 November 2018. This forms part of the Personal Social Health Careers and Religious Education (PSHCRE) statutory requirements.

Every Year 9 Student will be off timetable for the day and will have the opportunity to participate in sessions run by guest speakers on how to stay healthy, well and safe in today's society. Sessions will be conducted by a variety of people/organisations and are organised as one-hour interactive workshops. The following sessions have been arranged:

- **No Limits, Southampton** – 'No Limits' are a charity which offer free and confidential information, advice, counselling and support for young people who live in Hampshire. In their session they will be talking about managing mental health and the support available.
- **Hampshire Constabulary** – The Police will be talking to students about staying safe while out and about and also what to do in the case of an emergency.
- **Living Streets** – Living Streets is an organisation that focuses on getting people on their feet and walking! They promote the fact that walking has a positive effect not just on physical health but also on mental wellbeing.
- **Coastguards** – The coastguards will talk about their work at Calshot Tower. The students will learn about water safety.
- **Yoga and Mindfulness** – In this session students will develop their mindfulness skills, learning how to prioritise their thinking and manage anxiety. As well as this, they will be taught some basic yoga moves which they can use in the future, not just for exercise but also to improve their mental health.
- **ELSA Team** – Led by The Hamble School ELSA team, the students will take part in a session focusing on managing worries and improving mental health. During this session the students will learn about linking physical health to mental health, practice mindfulness in order to simplify thoughts to one physical sense, and learn some strategies to manage worries and stresses.
- **The Rotary Club** - The Rotary Club will talk about how they get involved with community projects that address a variety of safety and wellbeing issues. Project examples include violence, drug abuse, health, hunger, the environment, and illiteracy.

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Headteacher: Mr A Govan, BA (Hons), MA Ed.

In the afternoon all students will be attending a talk entitled “**My Mental Health Journey to The South Pole**” by **John Dennis**. John is the founder and driving force behind **dare2express**. John talks about his own experiences and gives an insight into coping with mental health issues. He will discuss his expedition to the South Pole and how this helped shape his future and repair his past.

Your son/daughter will be required to wear full school uniform, and all daily arrangements, such as the beginning and end of the school day will remain unchanged. Your child will be required to bring basic equipment with them e.g. pen, pencil, ruler and planner. They do not need to bring any exercise books.

Students will be given a booklet, which they will be encouraged to use for reflection and take home to discuss with parents/carers. A member of The Hamble School teaching staff will also be with them for each session if they have any questions or concerns.

If you have any questions about the PSHCRE Day, please do not hesitate to contact me at the school.

Yours faithfully

Miss S Niblock
PSHCRE Co-ordinator

If, at any time, you should require special arrangements to be made when visiting the school and/or in order to participate fully in supporting your child at school (e.g. an accessible venue for meetings, if you are a wheelchair user, assistance with translation of documents or enlarged copies of communications etc.), please do not hesitate to let us know.