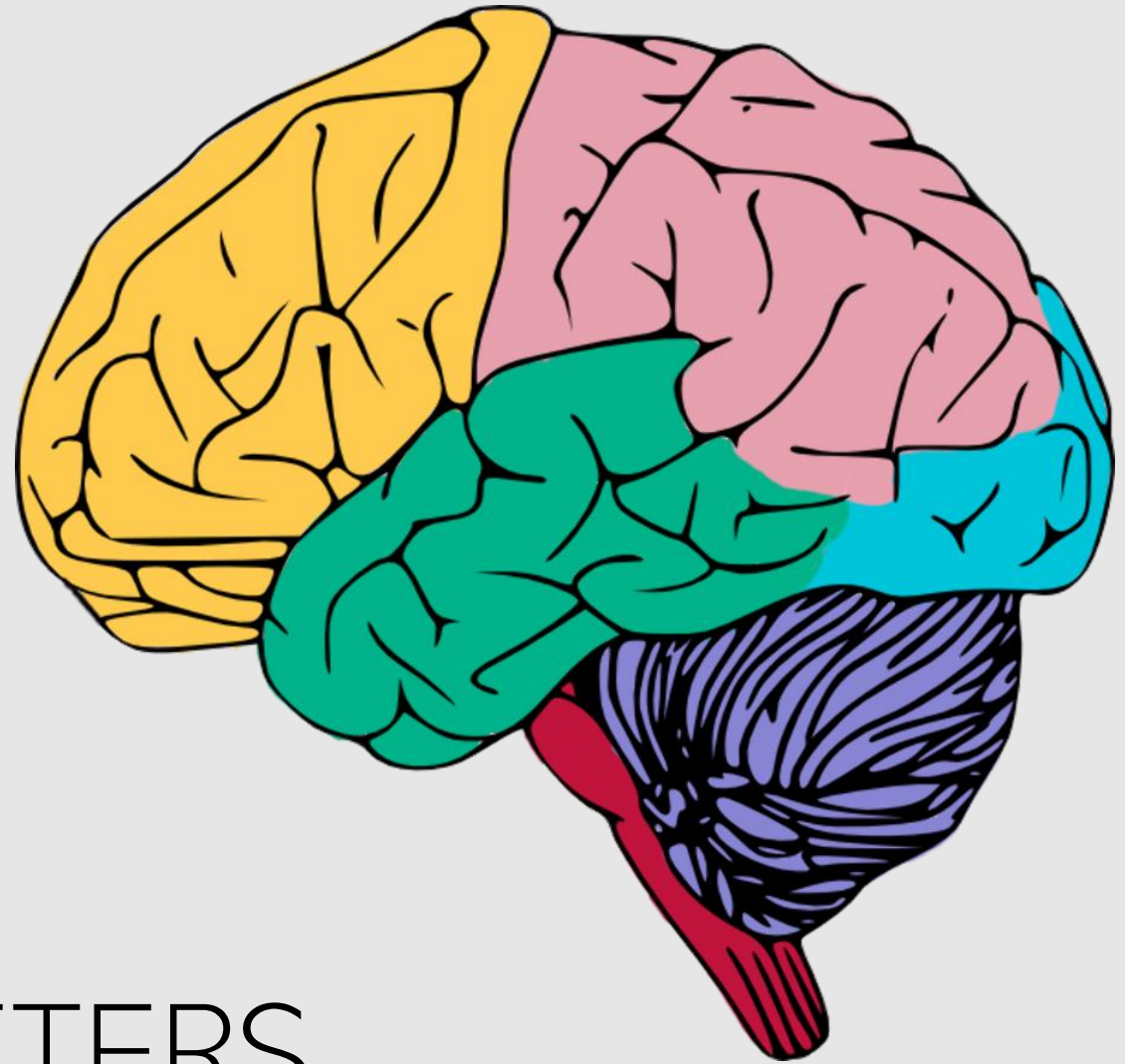


Welcome to the fourth instalment of CGS' own mental well-being newsletter.

As a school, our commitment to enhancing positive mental health remains steadfast. In this edition, we are excited to explore the principles highlighted by the Anti-Bullying Alliance and its profound impact on the creation of safer environments for young people to live, grow, and learn.

Sometimes taking a moment to pause, reflect, and encourage a change in behaviour is essential in targeting cases of bullying. If you have any suggestions on how we can further enhance our well-being initiatives at school, please don't hesitate to share your ideas with us!



# MENTAL HEALTH MATTERS

Winter Edition 2023

By Megan Riley (13KB)

# ANTI-BULLYING ALLIANCE

*The Alliance collaborates with schools, parents, and policymakers, offering support and guidance to create safer environments for children and young people.*

CGS has recently adopted the membership scheme of the ABA, as well as the opportunity of working towards levelled rewards with each campaign/principle we promote!

**The ABA has 3 main areas of work:**

1. Supporting learning and sharing best practice through membership
2. Promoting awareness of bullying through initiatives like Anti-Bullying Week and other collaborative campaigns
3. Implementing program initiatives on both a national and local scale to combat bullying and instigate enduring positive transformations in the lives of children.



# ANTI-BULLYING WEEK

*Monday 13<sup>th</sup> – Friday 17<sup>th</sup> November 2023*

This year's focused week followed the theme of...

*'MAKE A NOISE ABOUT BULLYING'*



In Anti-Bullying Week 2023, communities and schools worldwide united to foster empathy, promote kindness, and raise awareness against the pervasive issue of bullying.

Through educational initiatives, discussions, and various activities, this week encourages individuals to stand up against bullying in all its forms, emphasising the importance of creating inclusive and supportive environments for everyone.

The SPT social media promoted:

- ☐ Monday – Wearing odd socks for #OddSocksDay
- ☐ Tuesday – Knowing the line between banter and bullying
- ☐ Wednesday – How do you know when banter has crossed the line?
- ☐ Thursday – The importance of reporting and speaking out towards signs of bullying
- ☐ Friday – Videos focusing on ways to break 'remaining silent'.

For further details on upcoming days/events like those pictured, follow and keep up to date with the [@cgs\\_spt](#) Instagram page!



Year 9 girls sporting the fluffy socks



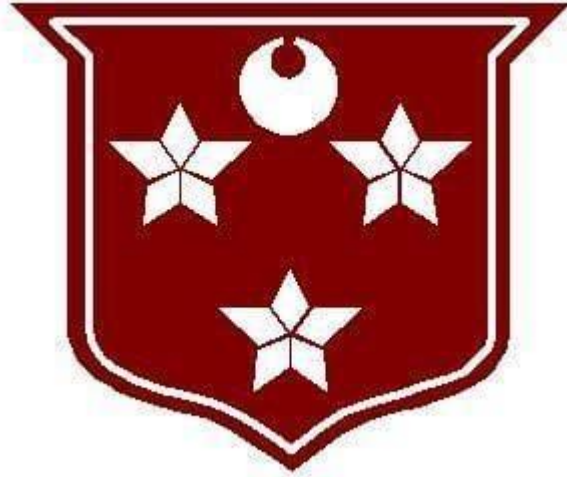
Year 11 GCSE PE students



*'believes children and young people should actively participate in decisions that affect them and should be supported in taking responsibility for their choices and subsequent actions'*

*'believes all children and young people have intrinsic value and worth and we embrace their uniqueness and autonomy'*

*'respects difference and welcome diversity in our children, young people and in society in general, and believe our work should be inclusive of all'*



## KEY PRINCIPLES OF CGS, ALONGSIDE ABA

*'believes bullying is a behaviour choice and that anyone can be encouraged to change their behaviour'*

*'believes children and young people should have the right to feel safe, secure and valued, and that creating a safe environment and dealing with bullying is our shared responsibility'*

*'supports a range of positive strategies to deal with bullying and actively challenge the use of humiliation, fear, ridicule and other similar approaches in an effort to reduce bullying'*

# CGS FRINGE FESTIVAL

Our recent 'Fringe Festival' was a great success, comprising of poetry readings, music, and even the conversion of the terraces into an amphitheatre for entertaining drama! Furthermore, this event also captured the urgent need for nature conservation, promoting awareness about the important role nature plays in our everyday lives.

Recognising this link highlights the importance of preserving our environment for a healthier, happier society.

## DID YOU KNOW?

Spending time in nature is linked to both cognitive benefits and improvements in mental-health, mood and wellbeing. Here are some demonstrations of how the environment can greatly impact our mental balance:

- ❑ Connecting with nature aids in emotional regulation and enhances memory functions
- ❑ Spending time outdoors diminishes stress levels by reducing the cortisol hormone
- ❑ Engaging in nature walks and other outdoor pursuits enhances attention and fosters focus
- ❑ Both green spaces and blue spaces (aquatic environments) contribute to overall well-being benefits.



MY CAT TOM



WELL-BEING

*'Scan the above QR codes for a collection of videos made by CGS Well-being Ambassadors, and the profound impact of nature on our mental health!'*



# 2023 SPT WORK AND INSPIRING POSITIVITY

## COMMUNITY



Student services desk and Y7-9 mentoring scheme (for students, by students) – aim to build familiarity across the year groups and create an easy to access support network.  
Reviewing and commenting on recent amendments in our anti-bullying policy – refreshes CGS' approaches to bullying cases and creates specific plans of action to receive help (both online and at school).

## CHARITY



Discovering and supporting local, regional, and national charitable organisations throughout the school year, and promoting assistance through fundraising activities.  
Encouraging school council members to take a leading role in the organisation of charity events - organising tasks, rallying volunteers, and executing plans to ensure successful support for important causes.

## SUSTAINABILITY



**NEW litter picking duties** – maintain environmental cleanliness by removing discarded waste, promoting a healthier and more visually pleasing community for all.  
**Designing labelling stickers** – having designated recycling stickers promotes the proper sorting and disposal of recyclable materials, encouraging environmental responsibility and sustainable waste management in our school.

# DEFINING WELL-BEING IN SCHOOL *Mental Health MATTERS At CGS*

*'Well-being is the state of being healthy, happy, and content in various aspects of life.'*

*'Well-being is how you feel and how healthy you are in your body and mind.'*

A COLLECTION OF  
DEFINITIONS FOR  
WELL-BEING FROM  
STUDENTS IN SCHOOL:

*'Well-being in a student's perspective refers to the overall state of physical, mental, and social health that contributes to a positive educational experience.'*

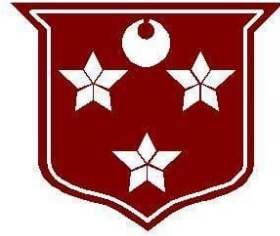


## DEFINITION FROM THE WORLD HEALTH ORGANISATION-

'Well-being is a positive state experienced by individuals and societies. Like health, it is a resource for daily life and is determined by social, economic and environmental conditions. Well-being encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose. ([Glossary of Terms 2021](#)). '

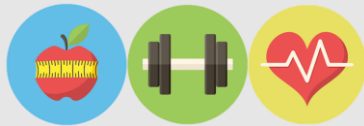


# WELL-BEING AT CGS



At Caistor Grammar School, prioritising student well-being is integral.

Our Personal Development programme focuses on fostering resilience, emotional intelligence, and empathy. We actively encourage students to take a proactive stance toward their well-being by participating in extracurricular activities to explore and enhance their skills.



Examples include the following:

- ❑ Each year, we provide training to approximately 20 students in Year 12/13 to serve as mentors for younger students at CGS
- ❑ Several staff members have attained a Level 2 qualification (equivalent to GCSE) in Children and Young People's Mental Health → we believe students can talk to any staff member comfortably about their problems
- ❑ All students receive our study planner, providing guidance on managing both online and offline aspects of life
- ❑ The School counsellor, Sally Gray, is in school on a Tuesday, Wednesday and Thursday → appointments can be made with her via the Head of Section, Mrs Ellerby, Assistant Head, or Mrs Clark, the Designated Safeguarding Lead.

To report any concerns involving well-being and occasions of bullying...

*REMEMBER THE EMAIL:*  
*CALLINGOUT@CAISTORGRAMMAR.COM*





*THE COMMUNITY GROUP NEEDS YOU....*



Y7-9



*'HELP **DESIGN A LOGO AND SLOGAN** FOR USE IN THE 'MENTAL HEALTH MATTERS NEWSLETTER' AND ANTI-BULLYING WORK OF CGS!'*

PRIZE FOR THE WINNING ENTRY

ALL ENTRIES TO BE EITHER:

- 1) EMAILED TO [SPT@CAISTORGRAMMAR.COM](mailto:SPT@CAISTORGRAMMAR.COM)
- 2) OR DELIVERED AS A HARD COPY TO [MRS ELLERBY'S OFFICE](#)

BY 29<sup>TH</sup> JAN 2024 FOR JUDGING BY THE SCHOOL COUNCIL

# FOR MORE ADVICE GO TO...



[talktofrank.com](http://talktofrank.com)

*Drugs and alcohol advice*



[nationalbullyinghelpline.co.uk](http://nationalbullyinghelpline.co.uk)

*Advice on dealing with bullying*



[childline.org.uk](http://childline.org.uk)

*Mental health/relationships advice*



[nhs.uk/live-well/](http://nhs.uk/live-well/)

*Healthy eating and lifestyle advice*



**Stonewall**

**Acceptance without exception**

[stonewall.org.uk](http://stonewall.org.uk)

*Advice on LGBT issues*



[ceop.police.uk](http://ceop.police.uk)

*Report online abuse*



[www.lincolnshire.gov.uk/domestic-abuse](http://www.lincolnshire.gov.uk/domestic-abuse)

*Domestic abuse advice*



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

*Support with suicidal thoughts*