



MRS SPRATT



Honesty • Excellence • Aspiration



MRS ROBINSON

Welcome to our latest edition of Wellbeing Weekly. For those of you who did not see our other bulletins, we would like to introduce ourselves, we are Mrs Spratt and Mrs Robinson and we sit in an area within the academy called “The Hub”.

The intention of the hub and our roles, is to provide drop in sessions, groupwork and 1:1 Emotional Health and Wellbeing support, for our students, on a referral basis. Another aspect of our role, is to support the Emotional Health and Wellbeing of our parents/carers and staff by offering helpful resources around services and self-care. We will be sharing a weekly bulletin via twitter and MyEd for your reference.

In this week’s bulletin, you will find the following information:

- WELLBEING PARENT/CARER COFFEE MORNING – THURSDAY 23RD JUNE
- PRIDE MONTH – LGBTQ AND MENTAL HEALTH
- YEAR 9 WELLBEING AMBASSADORS AND HATE CRIME
- JOYFUL JUNE WELLBEING CALENDER

If you have any queries or wish to ask for advice about your son/daughters Emotional Health and Wellbeing then please contact us in The Hub.



**WELLBEING PARENTS/CARERS COFFEE
MORNING**



Come and join us at our weekly parents or carers Wellbeing Coffee Morning

VENUE: COMMUNITY HUB (SITUATED OUTSIDE OF MAIN SCHOOL GATES)

What is the purpose of the Wellbeing Coffee Morning?

Do you feel like your child struggles with their emotional wellbeing and mental health? Or do you or members of your family home need help, support and guidance? Please come along and speak to Mrs Spratt and Mrs Robinson and we can explain the services we have on offer within the academy, along with signposting you to external services that will support your child's or your own mental health.

THURSDAY 23RD JUNE 2022

TIMES: 9.15AM – 10.15AM

TEA, COFFEE AND REFRESHMENTS PROVIDED

LITTLE ONES WELCOME!



PRIDE MONTH

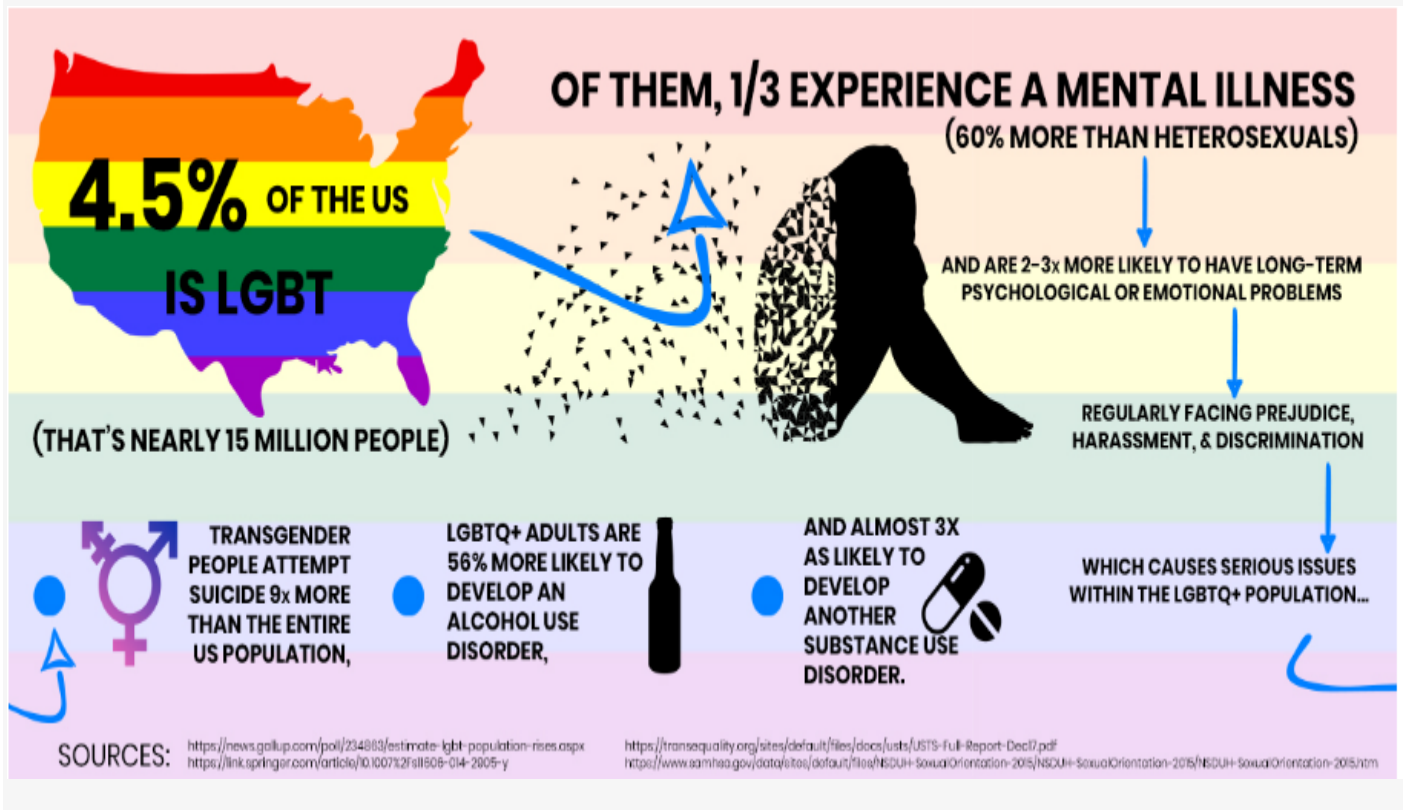


This year celebrates 50 years since the first Pride in the UK.

50 years on, we can take pride in a United Kingdom where the majority of the public are supportive of their LGBTQ+ neighbours, work colleagues, school friends, family and friends.

Today, we live in a society where LGBTQ+ people can live openly and free, where we can form our own families and where our lives and history are taught in schools to the next generation.

Despite this progress, we still have a way to go until LGBTQ+ people can be themselves in all aspects of their lives. People are still being subjected to conversion practices and hate crime in the UK and around the world, as well as being bullied in schools and workplaces and facing discrimination when trying to start a family or play the sport they love. This is why we still need Pride events across the country.



SUPPORTING LGBTQ+ MENTAL HEALTH



Where to get Support

Talk to a loved one



Join a support group



Speak to your GP



How you can Help

Listen



Support their search for help



Become an LGBTQ+ ally



HATE CRIME

This week a selection of students from across years 7, 8 and 9, including our Wellbeing Ambassadors, attended an immersive theatre experience with Oldham Theatre Workshop, Oldham Youth Service and Oldham Council, based around hate crime, understanding what it is and its affects. They have then put together a manifesto to share with all other students over the forthcoming weeks within the academy.

**TOO GREAT
FOR HATE**

GREATER MANCHESTER STANDS TOGETHER

LetsEndHateCrime.com
#WeStandTogether

**GREATER
MANCHESTER**
STANDING TOGETHER

WHAT IS HATE CRIME?

A hate crime is when someone commits a crime against you because of your disability, transgender identity, race, sexual orientation, religion, or alternative subculture.

It doesn't just mean physical violence. Someone using offensive language towards you, or harassing you because of who you are (or who they think you are), is also committing a hate crime.

You might want to shrug it off if it happens to you; but if you tell us, we can investigate and stop it from getting worse – for you or someone else.

Even if you're not sure it's a crime, you should report it so we can investigate.

CONTACT

If you're in immediate danger, **call 999.**

To report a hate crime anywhere in Greater Manchester **call 101.**

Tell us what happened and why you think it was a hate crime. This will help us to investigate and get you the support you need.

If it happened on a train, you can also report it by texting **61016** or calling **0800 40 50 40.**

PROTECTING YOU ON PUBLIC TRANSPORT

Greater Manchester Police, Transport for Greater Manchester and British Transport Police work together to tackle and prevent crime and antisocial behaviour on Greater Manchester's bus and tram network. This includes tackling hate crime in all its forms.

We believe everyone has the right to travel safely, and we won't tolerate behaviour that makes anyone feel uncomfortable on their journey because they are different.

#WESTANDTOGETHER

We want everyone, everywhere in Greater Manchester to have the freedom to be themselves without fear of facing hatred, discrimination and prejudice. That's why it's so important that you tell us if it happens to you.

Find out more at **LetsEndHateCrime.com**

WHEN TO REPORT

No one should be targeted because they're different or because of who they or their friends and family are (or who people think they are).

Hate crime doesn't have to be targeted at you for you to report it.

You can report anything you see happening to someone else, or you can report it on their behalf if they don't want to.

WHERE TO REPORT IT

You can report all hate crimes online at report-it.org.uk or visit a third-party reporting centre – find out where these are by visiting **LetsEndHateCrime.com**

JOYFUL JUNE WELLBEING CALENDAR

Joyful June 2022

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together



WELLBEING THE E-ACT WAY

Eat well

Activity everyday

Connect with others

Treat others as
you wish to
be treated

