

Newsletter

Welcome to Summer Edition of the Hazeley Wellbeing newsletter.
Please see below our focus during Wellbeing sessions.

DROP DOWN LESSONS IN SUMMER TERM

		Year 7	Year 8	Year 9	Year 10	Year 11	6 TH FORM
Tuesday 30th April Week A	P2	Mental Health and Wellbeing	Eating disorders and health	Radicalisation and society	Ethics and society	Contraception and health planning	Drugs and the law
Tuesday 7 th May Week B	P1	Mental Health and Wellbeing	Disability and wellbeing	Drugs and a healthy lifestyle	Mental Health and Wellbeing and forced marriage	Aspirations and the future	Contraception and healthy lifestyles

Over this next half term there are several awareness days that are relevant to our students at The Hazeley Academy. Please see the links provided below for further information.

World & European Immunisation Week 2019

Background

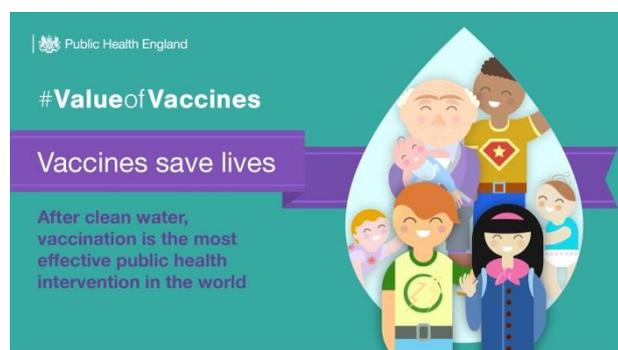
Celebrated in the last week of April, Immunisation Week aims to promote the use of vaccines to protect people of all ages against disease

The theme of this year's campaign is Protected Together: Vaccines Work!

The campaign will celebrate [Vaccine Heroes](#) from around the world – from parents and community members to health workers and innovators – who help ensure we are all protected, at all ages, through the power of vaccines.

Resources

1. Interactive [Vaccine Quiz](#)
2. [Further information](#)
3. For more information during the week: and to support the campaign via Public Health, share/like/retweet the messages I put on;
 - a. <https://twitter.com/HealthyBedford>
 - b. https://twitter.com/CBC_Health



Immunisation saves millions of lives every year and is widely recognised as one of the worlds' most successful and cost-effective health interventions. European immunisation week aims to promote the use of vaccines to protect people of all ages against disease.

If you have any queries about your or your child's immunisation status please speak to your GP.
For any queries regarding the immunisations available please visit <https://www.nhs.uk/conditions/vaccinations/>

Stress Awareness Month

Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic.

Last year a survey commissioned by the Mental Health Foundation, found that 60% of young people have felt so stressed by pressure to succeed that they have felt overwhelmed or unable to cope. They also found that almost half of young people (47%) had experienced significant stress in relation to body image and worries about their appearance.

This is shocking reading and with CAHMS services stretched to the limit, it is more important than ever to support young people to recognise and manage the symptoms of stress.

There are lots of great resources out there to support your school during Stress Awareness Month...

The logo for Samaritans DEAL, with "SAMARITANS" in white on a green background and "DEAL" in white on a darker green background.

DEAL is a free resource for teachers and other educational professionals designed to help develop resilience in young people.

[Download Here](#)

The logo for Heads Together Mentally Healthy Schools, featuring a black silhouette of a head with the words "HEADS TOGETHER" inside, and "MENTALLY HEALTHY SCHOOLS" below it.

Resources focused either on opening up a dialogue with children on mental health, raising awareness or employing various protective attitudes and coping skills.

[Download Here](#)

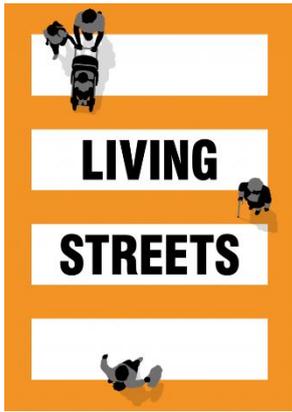
The logo for Time to Change, with the words "time to change" in white on a pink, tilted background.

let's end mental health discrimination

A selection of straightforward, tried-and-tested resources and free materials to get young people in your school talking about stress and mental health.

[Downlaod Here](#)

Walk to School Week
20th May 2019



**LET'S
WALK TO
SCHOOL**

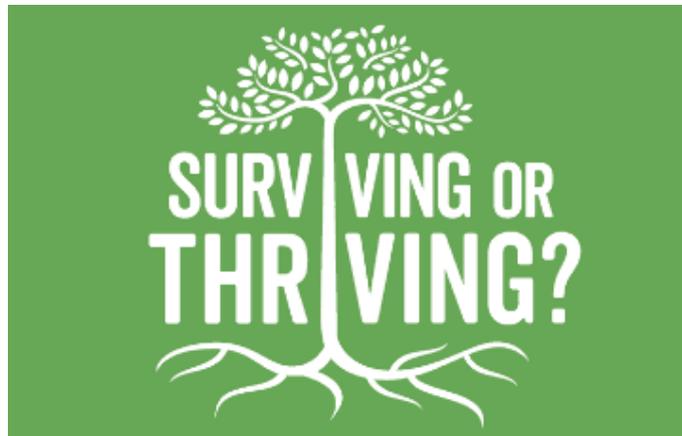
REASONS TO WALK TO SCHOOL

- Experience the outdoors
- Independence
- Financial benefit, it's free
- Combat obesity and improve fitness
- Social benefit if walk with friends

Mental Health Awareness Week 13th – 17th May

The Hazeley Mental Health Ambassadors in year 9 will be running events including:

- ✓ What is mental health and how do we overcome stigma and stereotypes?
- ✓ Mental Health survey
- ✓ Stressbuster activities and meditation sessions



First Aid Learning for Young People: Resource



British
RedCross

First aid learning for young people – a comprehensive resource from the British Red Cross is a resource that is **free to access** and gives **11 to 19 year-olds** the skills, confidence and willingness to step in to help in a first aid emergency.

‘First aid learning for young people’ includes engaging videos, thought-provoking case studies, online quizzes, skill guides and role-play activities which can be used to develop short sessions or a whole programme of lessons as part of your PSHE curriculum.

The British Red Cross supports PSHE as a means to deliver first aid education and this resource aims to provide you with what you need to do in an effective, straightforward and engaging way, without needing any first aid training yourself.



Download the **FREE** resources [here](#)

Body Image & Advertising Resources for 11-14-year-olds

MediaSmart
OPENING EYES

PSHE Association
Quality Assured
Resource
PSHE
ASSOCIATION

Media Smart’s PSHE Association quality assured teaching materials are designed to be engaging as well as educational, with practical and interactive lesson plans and activities that will captivate students.

Although this lesson focuses on how the male body is represented in the media, it is designed for use with students aged 11–14 years of both genders, to build an understanding how this issue can affect everyone’s body confidence and self-esteem



You can access the resources [here](#)



Please contact kbowers@thehazeleyacademy.com or lmckenzie@thehazeleyacademy.com for any wellbeing queries. Thank you