

WELCOME TO OUR 3RD PERSONAL DEVELOPMENT NEWSLETTER

As a school we have started our journey to obtain the following awards; the Leading Parent Partnership Award, the Well Being Award, The Rainbow Flag Award and we are also working towards implementing Skills Builder (essential skills) into our curriculum.

Year 9 Workshops

In January the "Risky behaviour team" from Warrington borough council visited school to deliver workshop to all Year 9 students on the dangers of drugs and addiction.

Amy Winehouse Foundation

All students in Year 7-10 had an assembly with the "Amy Winehouse Foundation" covering topics on peer pressure, self-esteem and risk taking behaviours.

The Mercians band visit Boteler

The Mercians: "Be kind" was the message students received from The Mercians - an indie pop band who performed to all the students in Years 7-10 this week. Alongside an amazing performance that had the whole school rocking, students listened to the bands mental health stories. Topics covered included depression, misogyny and discrimination. The overall message was to be kind; you don't know what anybody is going through. Students received information on how to seek help if themselves or others are struggling.





**SIR THOMAS
BOTELER**
CHURCH OF ENGLAND HIGH SCHOOL
THROUGH GOD, WE CARE

LGBTQ



INFORMATION

LGBTQ+ COUNCIL ★ WEEK 1 FRIDAY LUNCHTIMES ★ ROOM 26

LGBTQ+, QUESTIONING OR AN ALLY - HOWEVER YOU IDENTIFY, EVERYONE IS WELCOME!

NEED TO TALK? MEMBERS OF STAFF YOU CAN SPEAK TO:



LGBTQ+ COUNCIL LEAD
& GRAPHIC DESIGNER

MISS ROBERTS



LEADER OF PERSONAL DEVELOPMENT
& TEACHER OF MUSIC

MRS BUTCHER



SAFEGUARDING OFFICER
& ASSOCIATE DEPUTY HEADTEACHER

MR LEONARD



**VISIT THE PROUD TRUST WEBSITE FOR ADVICE,
INFORMATION & DETAILS OF LOCAL GROUPS:**

WWW.THEPROUDTRUST.ORG

**YOU CAN ALSO TALK TO ANY TEACHER,
TEACHING ASSISTANT, SUPPORT STAFF - EVERY
SINGLE MEMBER OF STAFF IS HERE FOR YOU.**

POST 16

We have had a busy term celebrating National Apprenticeship Week and National Careers week as well as over half of our Year 10 students going on work experience. We would like to thank our local primary schools, nurseries and businesses who hosted a student during this week. Students developed their essential employment skills during this time. Students also took part in a 'Meet the Employers' Day, talks from the Travel and Tourism Industry, Essential skills with the Forces and a Careers in Digital workshop. Thank you to all the industries who have supported us over the last term.

Next half term Year 10 concentrate on developing their awareness of the Colleges/courses they would like to attend/study post 16 and we will be holding an information evening for all Year 10 parent/ carers on the 30th April at 6pm. Please register here: <https://forms.office.com/e/JwMn8nadEW>

In the final term Year 10 complete their college taster days and can start to complete their applications in September.

We have a groups attending Andy Carters Careers Fair in April, groups visiting a care home and a media studio to gain insight into the skills needed for this industry and a group of students working on an 'Employment ready' programme thorough the Cheshire and Warrington Pledge programme.

INFORMATION FROM KOOTH:

Support for parents and carers

In April we're also running webinars specifically to help parents and carers support children sitting exams. Please let parents know about this free session, especially if they are worried about their child's anxiety:

Link to share with parents in school emails or on parent portals:

[Mon 22 Apr. 1-2pm](#)

[Thu 25 Apr. 6-7pm](#)

Children's Mental Health Week

Over CMHW, we spoke to nearly 70,000 young people across the UK, letting them know that their voice matters! Our Engagement Leads were extremely busy delivering school assemblies, workshops and virtual sessions, encouraging young people to use their voice and break mental health stigmas.

We want to say a massive thank you to all the teachers and staff that made it possible.

Find out what the theme 'Your Voice Matters' meant to the incredible students at Handsworth School in Birmingham. Watch this [short video](#) of them getting stuck into their Kooth workshop.

Mental health support

Mental Health, for many, is always a difficult subject to talk about and many struggle to come to terms with and/or open up about their struggles including day to day issues. It can be a dark place at times, but there is help out there!

Ideally going to your GP would be a first point of call, or if in an emergency call 999.

Here is a list of a few helpful services, who are just on the other end of the phone, or if you don't want to speak direct, there's some services which you can 'speak' via text, if you feel it's easier. See the links below and to the right.



HOPELINE247: For children and young people under the age of 35 who are experiencing thoughts of suicide and/or For anyone concerned that a young person could be thinking about suicide

if you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.

Call: [0800 068 4141](tel:0800 068 4141) Text: 07860039967 Email: pat@papyrus-uk.org

Young Minds: We're the UK's leading charity fighting for children and young people's mental health.

We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

CALM: The Campaign Against Living Miserably (CALM) is leading a movement against suicide. You can talk to CALM about anything. Call the CALM helpline on 0800 58 58 58 or use their webchat [here](#).

The helpline and webchat are both open 5pm to midnight, 365 days a year.



Headspace: Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.



Giveusashout: Shout 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night. If your life is at imminent risk, please call 999 for immediate help.

USEFUL LINKS

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline helps anyone under 19 with any issue. Childline is free, confidential and available any time, day or night.



Are you worried about online abuse or the way someone has been communicating with you online? [Make a report](#) to CEOP.



Do you think a crime has been committed? Your local police force will be able to help you.



Samaritans.org - Whatever you're going through, a Samaritan will face it with you.



Mental health services are free on the NHS. See your GP to find out about the services available to you.