

## Yavneh Wellbeing Newsletter

### Welcome!

Dear Parents, thank you for taking the time to read the first edition of WB News, the half-termly newsletter with all the updates from Yavneh's Wellbeing and Pastoral Team! I'd like to start by introducing myself. My time at Yavneh began in September 2008 when I joined in Year 7, and throughout my 6 years as a student here I was lucky enough to take part in some staples of Yavneh student life. From YCIT and Year 12 Poland trips, to representing the school in the odd sports fixture and Maths challenges. I re-joined the school as a staff member in November 2020, initially as an LSA before starting my teacher training last year and finally joining the Pastoral team as the Wellbeing Practitioner in September last year.

In the last three years I have been blown away by the changes this school has made to prioritise student wellbeing. I am honoured to be a part of this team, and I am proud of the many initiatives (pictured below) we've already put in place to ensure that this school is a place that students can look forward to being each day and be confident in accessing advice and support should the need arise.

Mr Conway.



Some of our Year 7 Wellbeing Champions, who met at lunchtimes to plan initiatives for student wellbeing



Welcome cards written by the current students given to the new Year 7s on their transition day



The bake sale ran by the Wellbeing Champions, raising money for the school charities!



A selection of the baked treats on sale – the brownies were my favourite

Some of our Year 12 peer mentors. They received specialist training on how to actively listen and support students in the lower school, which they could put into practice every week with their individual mentee.


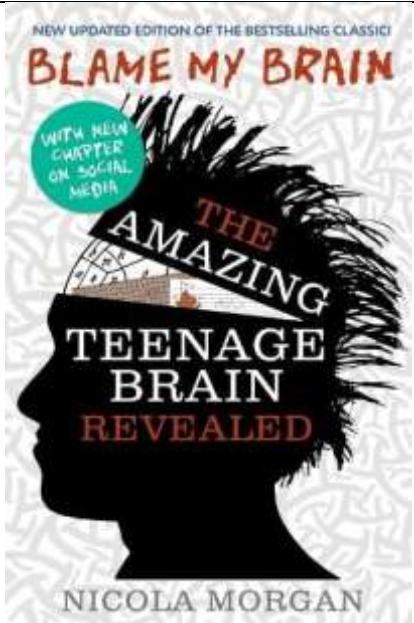



## Some helpful links!

<https://www.youtube.com/headspace> - Free guided meditations and videos focused on topics such as sleep, self-esteem and giving support in challenging times.

<https://www.good-thinking.uk/> - Digital mental health and wellbeing support, with numerous resources for issues such as stress, anxiety and low moods.

## **Mr Conway's Media Recommendations of the Month:**

Film	Book	TV Show
		
<p>Mile Morales is a teenager from Brooklyn, learning how to become the new Spider-Man. Pressures from school friends and other Superheroes telling him how he should be are proving more stressful than expected! Miles has to learn how to balance his responsibilities and stay true to himself!</p>	<p>Blame My Brain teaches young people and teenagers how their brain works, and why teenagers are so unique! An essential read for teenagers and parents alike, this book will help to understand what the root of the occasional temper tantrum or outburst is coming from, and what teenagers can do to work with their brains, not against them!</p>	<p>Beckham returns to East London where he played as a child to mentor a young grassroots side, struggling to survive in the league. Beckham returns to East London where he played as a child to mentor a young grassroots side, struggling to survive in the league. This mini-series promotes some amazing teamwork and personal growth.</p>

Worried about your child coming back to school after the long summer break? This article may help!

<https://parents.actionforchildren.org.uk/education/school-university/new-school-term/>

**New Year 7 Parents!** This blog has some helpful advice for managing the transition from Primary to Secondary School <https://www.youngminds.org.uk/parent/blog/helping-your-child-manage-the-move-from-primary-to-secondary-school/>

## Coming up this Half-Term...

### *For Parents:*

NOA Presents: A Parent's Toolbox: Supporting the transition to secondary school (Tuesday 26<sup>th</sup> September)

An evening for Year 7 parents run to help you support your children through transition. NOA is a fantastic charity that aims to empower adolescent girls in the Jewish community to face their challenges and build healthier futures. Details will be emailed in due course.



### *For Pupils:*

We are looking to recruit new members of various committee to help make a difference to everyday school life, these include:

- Eco Committee – helping us to maintain our commitment to sustainability and a core Jewish value of Tikkun Olam, the Eco Committee have earned Yavneh the Eco-Schools Green Flag Award, and hope to continue this work in 2023/24
- JLT – the Junior Leadership Team is comprised of representatives for each form, who meet with Senior Prefects and SLT to propose changes to the way Yavneh is run, to benefit the whole school community!
- Wellbeing Champions – as mentioned above, the Wellbeing Champions work to improve the wellbeing of the school community, having run bake sales and assemblies for students, the Wellbeing Champions are always looking for fresh ideas to give everyone a smile!

We are also re-launching a number of lunchtime clubs to enhance the understanding and interests outside of the classroom. These include sports clubs such as both Girls and Boys football, handball, netball and dance; our LGBT+ society (for KS4+5), Lunch and Learn, and Chess club. We hope to see so many new faces this year!





A poster for LGBT+ Society featuring a large rainbow at the top. Below it, the text reads "LGBT+ SOCIETY" in large, colorful letters. Underneath, it says "Tuesday Week A Period 4B (12:45-1:30)" and "Room 502". At the bottom, it says "EVERYONE IS WELCOME!" in a stylized font. There are also illustrations of a hand holding a rainbow flag and a rainbow wave at the bottom corners.

**LGBT+ SOCIETY**  
Tuesday Week A  
Period 4B (12:45-1:30)  
Room 502  
EVERYONE IS WELCOME!



A poster for the Eco Committee with a light blue background and yellow stars at the top. It features an illustration of two people holding a globe. The text says "HAVE YOUR SAY" at the top, "ECO COMMITTEE" in large letters, and "PROTECT OUR EARTH" below it. At the bottom, it asks "Do you think we could be doing more? Join the committee and see it happen." and includes the Yavneh College logo.

HAVE YOUR SAY

ECO COMMITTEE

PROTECT OUR EARTH

Do you think we could be doing more?  
Join the committee and see it happen

Yavneh College



A poster for a Girls Football lunch club. At the top, it says "Girls Football lunch club Every Thursday". Below is a photo of a girls' football team. Underneath the photo, there is a quote from Ian Wright: "If girls aren't allowed to play football, just like the boys in PE after this, what are we doing? We've got to make sure that they are able to play. If there's no legacy after this, what are we doing?" and his name "IAN WRIGHT" with a note "Following England's win over Sweden via BBC Sport". At the bottom, it says "See Mr Leyton in the PE office at break time to collect an early lunch ticket" and features a silhouette of a football player.

Girls Football lunch club  
Every Thursday

If girls aren't allowed to play football, just like the boys in PE after this, what are we doing? We've got to make sure that they are able to play. If there's no legacy after this, what are we doing?

IAN WRIGHT  
Following England's win over Sweden via BBC Sport

See Mr Leyton in the PE office at break time to collect an early lunch ticket