Edition 2, Oct/Nov 2023

Yavneh Wellbeing Newsletter

Hello!

Dear Parents,

The last few weeks have been difficult for many in the Yavneh school community, and all of us in the Pastoral team at Yavneh College know how much of a toll tragedies and turmoil can take on our mental health and wellbeing. We are determined to make sure that even in the darkest of times, our children are in a place where they feel safe, secure, and able to learn in the best environment.

This half term we are so happy to be launching new clubs and initiatives that are taking a proactive approach to wellbeing! We have trained our new intake of Year 12 mentors, who this week will have already had, or soon be having their first mentoring sessions with the lower school. They are all so enthusiastic to be sharing their advice and experiences from their time in year 7-11 to students going through these formative years now. We have also relaunched our Wellbeing Champions group, taking on 7 fantastic new Champions in Key Stage 3 who are passionate about improving wellbeing in the Yavneh school community. 3 of our alumni champions from last year have also volunteered to continue, and we look forward to bringing some fresh ideas and campaigns to everyone here at Yavneh!

I'm also delighted to introduce to you our new Assistant Wellbeing Practitioner, Jamie! Jamie is currently studying Psychology at the University of Surrey and for his Professional Training Year, he has returned to Yavneh to learn about what we do to focus on wellbeing, as well as assist all of us in the Pastoral Team throughout the year. Jamie is also a Yavneh alumnus, having studied here from 2014-2019, meaning he is uniquely placed in understanding what Yavneh life is like for our students. Jamie is passionate about mental health, coping with exam stress, and improving negative thought processes, and will be a regular contributor here at WB News – please keep an eye out for Jamie's Corner for some words from him!

Some of our fantastic new mentors receiving training before starting their work volunteering with the lower school!

Our brilliant new Wellbeing Champions have already come up with some great new ideas and plans for life at Yavneh!

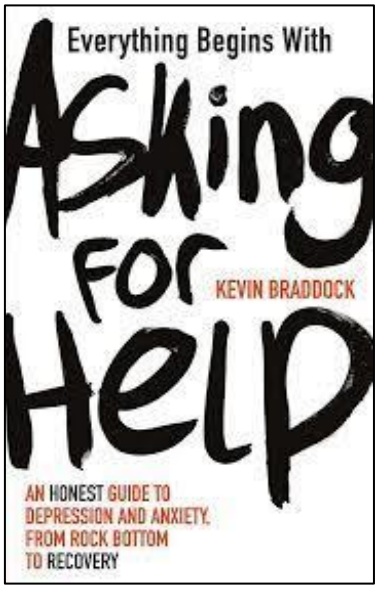
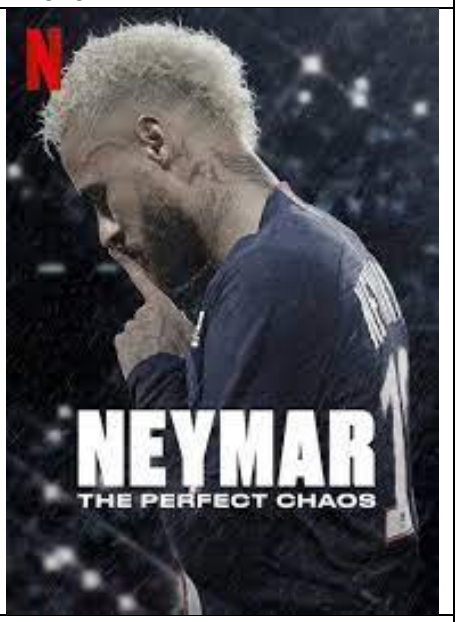
Welcome to the team Jamie!

Some helpful links!

https://www.pajes.org.uk/resources_for_parents - PaJeS (Partnership for Jewish Schools) have produced a list of resources for parents to facilitate conversations with children of all ages to support them.

https://jamiuk.org/resources/mh-facts-and-tips/ - JAMI is the number 1 charity providing mental health support in the Jewish Community, they have produced some helpful resources and ideas for parents and carers to use!

Mr Conway's Media Recommendations of the Month:

Film	Book	TV Show
		
Based on the extraordinary character at the centre of Charlie and the Chocolate Factory, "Wonka" tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today. From one of the most famous British authors, this modern re-telling is a feel-good watch for the whole family, and may even inspire some to pick up and read (or re-read) the original Roald Dahl classic!	As November celebrates Men's Mental Health Month, 'Everything Begins with Asking for Help' by Kevin Braddock is an incredible read for understanding the importance of reaching out to people, even if they don't look like they're struggling, and overcoming the fears of speaking up when you know you need some guidance and support.	Neymar: The Perfect Chaos explores the ups and downs of Brazilian superstar Neymar Jr, from his humble beginnings and start in football on the streets of São Paulo, to his incredible accomplishments with Barcelona, PSG and as captain of the Brazilian football team. His story of resilience in the face of adversity truly encompasses the meaning of 'It's not about how many times you fall down, it's about how many times you get back up'.

The Five Ways to Good Mental Wellbeing & Judaism has been designed by Good Thinking in collaboration with Jami, in consultation with Rabbi Miriam Berger and Rabbi Daniel Epstein, with the support of The London Jewish Forum, Maccabi GB and the London Borough of Barnet. You can download the full leaflet here: https://good-thinking.s3.amazonaws.com/documents/Five_Ways_Wellbeing_Judiasm_v5_2.pdf

Coming up this Half-Term…

For Parents:

NOA Presents: Exam Stress, Thursday November 23rd at 8pm. The first in a 3-part series for Yavneh parents, this talk by Dr Miranda Shemen focuses on providing practical tips and insights to support your child during this challenging period, including strategies to manage time, reduce anxiety and creating a healthy study environment! Details have been emailed to parents, if you have any questions, please submit to nauburn@yavnehcollege.org.

For Pupils:

- Our newly selected Wellbeing Champions and JLT members are coming up with lots of ideas on how Yavneh can continue to improve as a school, however every other student in the Yavneh community will have valuable ideas and thoughts to share! During form times, the JLT reps for each year will be holding surveys, so please make sure you make your voice heard and suggest to your reps what you'd like to see change and improve!
- JLT and Wellbeing Champions will have identifiable badges on their lanyards, so anyone can easily find them!
- 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
- The Hub! We have just finished work on building a specialist area on the school campus for Pastoral and Wellbeing support! The Hub is located on the paved area between B-Block, the school fields and the PE building, and is the new home for myself, Mrs Brunt (our Pastoral Manager), Mr Harel and Mrs Layton (Heads of Key Stage 3 and 4) as well as a designated Wellbeing space for pupils that need some time away from the noise and hustle and bustle of everyday school life!

Our wonderful staff in the LRC have launched a new games club, every day for students of all ages! Particularly recommended for students who want to exercise their brain cells, improve motor skills and spelling – and spend a little less time away from their laptop screens too!