



"MAKE TALK YOUR GOAL" NEWS

DECEMBER 2023

WHATS NEW

Miss Noon is delighted to share that we have been working hard to deliver an all male mental health support programme within our school and have been working with Edge Hill University.

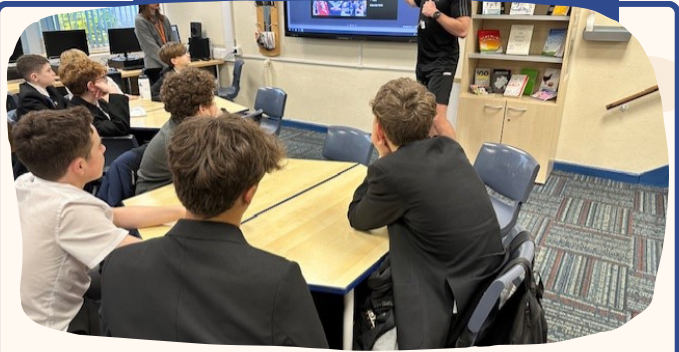
This is called, 'Make Talk Your Goal.'

Our current group is for our ambassadors, who will be encouraged to take what they have learnt within our sessions and spread the message of how to maintain good mental health, where to signpost pupils, and most of all talking and supporting one another.

MEET OUR AMBASSADORS!



WELLBEING



On Mondays our pupils are attending wellbeing sessions with Mr Lloyd and Miss Noon. Mr Lloyd delivered a personal talk about his own mental health and positive outcomes that have worked for him.

POSITIVE MINDSET

On Thursdays Miss Noon discusses ways to feel and think positive, how we manage it and making changes. These are positive personal sand jar's to reflect on at home.



ART THERAPY



On Tuesday afternoons, the group take part in Art Therapy classes with Miss Byrom and Miss Noon. During a recent session, students decorated masks to share how they present themselves on the outside compared to how they feel on the inside. This activity was a brilliant way to encourage the students to express themselves without words.

WALK AND TALKS



On Wednesday mornings, the group wrap up warm no matter what the weather is like we get out and join for weekly Walk and Talks with Miss Noon and Mr Lloyd. The local walks are a brilliant way for our pupils to take a break and get some fresh air. During these walks, immediately we are all smiling, and talking to one another.



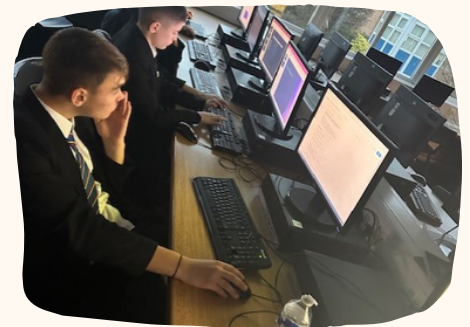
BREW AND BUTTY

On Friday mornings, the group meet up in the hall with Miss Noon for a brew and a butty!

This has been a lovely way for the group to end the week and talk and reflect on the week.



PODCAST AND RECORDINGS



Our ambassadors have been working hard to create an insightful mental health podcast to help spread awareness within the school. So far, topics have included men's mental health and the power of talking, coping with loss, and positive friendships. Please listen, respect and get involved.



DECEMBER 2023

WHATS NEW

At St Bede's, we have been working hard to deliver mental health support within our school. “Just Think” is our new girls programme, run by Miss Noon.

Our current group is for our ambassadors, who will then be expressing how important positive language used between one another, healthy friendships and wellbeing and



WELLBEING SESSIONS



ART THERAPY
On Thursdays afternoons, students have been attending wellbeing sessions with Miss Noon. In a recent session, students were asked to write about 5 positive areas of their life.

At first, the girls found it difficult to name the positive things, which opened up an interesting discussion about gratitude's and how we can shift our focus to all of the small things we have to be grateful for that we can often overlook.

BREW AND BUTTY



On Monday mornings, at form time the group meet up in the hall with Miss Noon for hot drinks and a breakfast barm.

This is a lovely way for us to catch up with one each other, and discuss and worries and thoughts for the week ahead.

ART THERAPY



On Tuesday afternoons, Art classes with Miss Byrom and Miss Noon.

We decorated masks to share how they present themselves on the outside compared to how they feel on the inside. This activity is to encourage the pupils to express themselves without words.

WALK AND TALKS



On Wednesday mornings, the group wrap up warm to join together for weekly Walk and Talks with Miss Gray and Miss Noon.

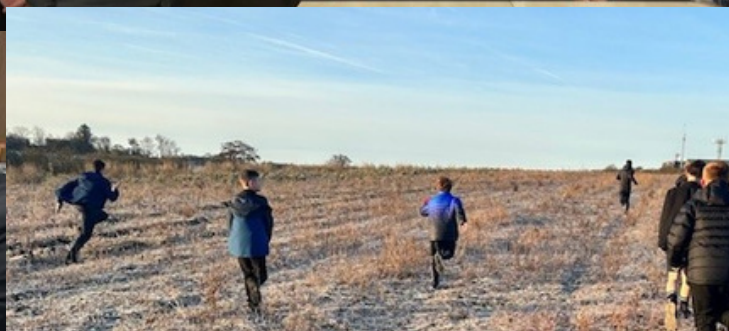
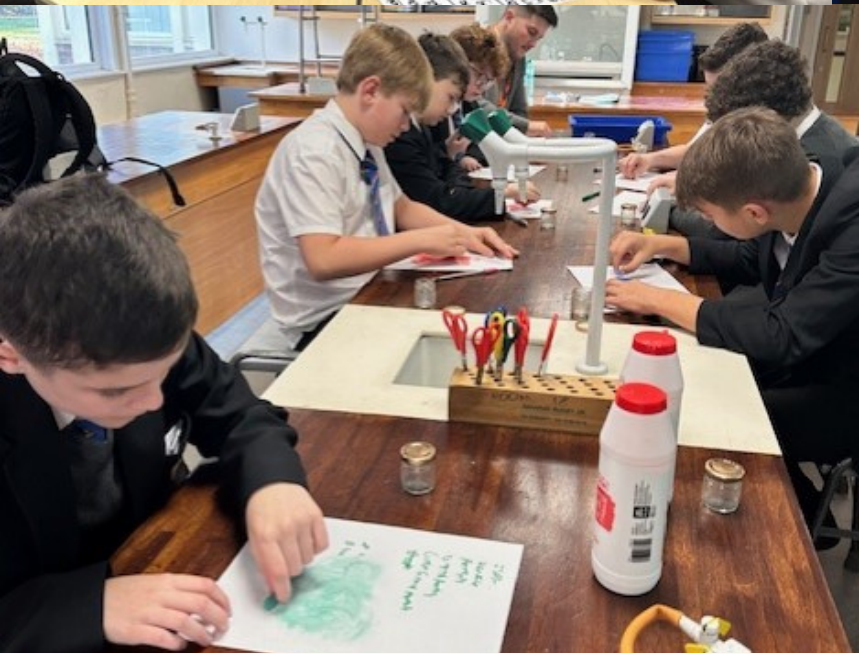
These local walks around Ormskirk have been a brilliant way for students to take a break and get some fresh air. During these walks, students are encouraged to talk about how they have been feeling.

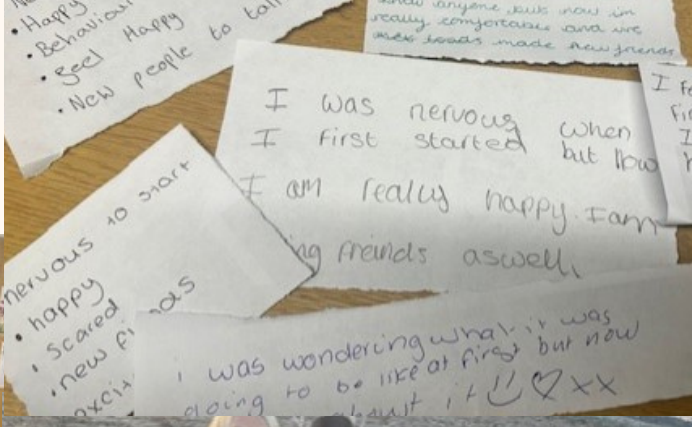
PODCAST



On a Friday our ambassadors have been working hard to create an insightful mental health podcast to spread awareness around the school. So far, the girls have discussed healthy friendships, how to cope with worries, social media and what girls can do to support one another. This will be launched in January 2024!







- Happy
- Behaviour
- Feel Happy
- New people to talk to

I was nervous when I first started but now I am really happy. I am making new friends as well.

I was wondering what it was going to be like at first but now I don't want it! 😊❤️xx



