

QMGS Mental Health Awareness Events

February 2018



Monday 5th February

Mental health awareness week

CBA led by HM to introduce the week's events. There are specific themes for each Key Stage:

KS3: Digital detoxing

KS4: Stress management

KS5: Diversity

Tuesday 6th February

Year 7, 8, 10/11 assemblies

Led by the 'Change Your Mind' mental health project team to showcase how the project has been expanded for 2018

Walsall CAMHS workshops - Q9

Workshops with groups of Y11 pupils on a rotational basis throughout the day on the themes of five steps to wellbeing, stress management and basic mindfulness - groupings TBA, but a handful of pupils will be taken out of each class so that normal lessons can still take place.

YGAM presentations with Y7 (period 1), Y8 (period 2), Y9 (period 3) - Hall

YGAM is the 'Young Gamblers Education Trust'. They will give a presentation to each KS3 year group on the dangers of social gaming (where one can use real money in computer games to buy virtual rewards) and the potential for this to lead to gambling. Those teaching a KS3 form group during the times specified above should register them, then accompany them to the Hall to help supervise.

Wednesday 8th February

Year 9 assembly

Led by the 'Change Your Mind' mental health project team to showcase how the project has been expanded for 2018

6th-form assembly

10-minute presentation by Diversity Role Models, outlining their work

Diversity Role Models - Y12/13 - Q9

Students will be encouraged to sign up outside the Bateman Room to attend a workshop (max. 30 students per session) during a PS period, where they will meet people who identify as LGBTQ. They should only sign up during periods where they would have PS. All teaching and associate staff are also welcome to attend (max. 5 staff per session).

Ross Morrison-McGill ('Teacher Toolkit') -1.30-2.15, p5 & p6 in C1

Staff are invited to sign up in the staffroom to attend a 45-minute seminar given by Ross at one of the times mentioned above (max. 15 members of staff per session, which may include members of staff from the MAT). RJL has authorised cover if necessary. Ross will be giving tips on how to manage workload with easy-to-implement strategies. Associate staff are welcome to attend, but Ross has said that the strategies are more geared towards teaching staff.

Thursday 9th February

Whole school assembly

FER will deliver an assembly on the theme of 'Smartphone addiction'.

Friday 10th February

Staff coffee morning - Food Tech, 8.15-9am

Please pop in for coffee, croissants and chinwagging at the usual time, in the usual location - but please don't forget your donation. All donations will go to NSPCC's Childline.

FFP

All year groups will watch a TED talk on a specific theme:

KS3: Adam Alter: 'Why our screens make us less happy'

KS4: Andy Puddicombe: 'All it takes is ten mindful minutes'

KS5: Morgana Bailey: 'The danger of hiding who you are'

JD Society 6th-form NHS Debate (p5) - Lecture Theatre

All teaching and associate staff, plus 6th-formers on PS are warmly invited to watch two groups of 6th-form students as they debate which out of two patients with mental health issues priority NHS funding should be given to. The debate will be introduced by Obaid Siddiq, a business manager for an NHS GP practice, and chaired by Mr Bradley.

Other events

- A parents' awareness evening will take place later in the year with the Charlie Waller Memorial Trust, hosted by QMHS. A letter advertising this will go out during the Awareness Week if possible.