



Parent/Carer E-Bulletin

W/C Monday 3rd October 2022

Assembly Topic

The theme for this week's assembly is World Mental Health Day. We want to raise awareness of mental health issues around the world and generate an opportunity for our students to discuss mental health.

Personal Social Education (PSE) Lessons

All year groups will continue to study the unit 'Being Me in My World' with individual topics for each year:

Year 7: Peer pressure and belonging

Year 8: Family Factors

Year 9: Risks

Year 10: How social media affects me, my identity and culture

Year 11: The law and you

Mental Health Information for Young People Aged 11-18 and Parents/Carers

Visit the Mind website for a range of resources for students and parents/carers.

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

The following websites also provide advice to young people and offer a range of resources to help support them with their mental health.

<https://www.childline.org.uk>

<https://www.papyrus-uk.org/>

<https://www.youngwrexham.co.uk>

<https://www.samaritans.org/>

50 Day Wellbeing Challenge

Keeping on top of mental and physical wellbeing is critical for teenagers to do well. Why not set them our 50-day, Wellbeing Challenge, by following the attached guide. There is an activity each day to get them thinking about good lifestyle habits, such as making an active decision to smile more, mini energizing workout or doing something nice for someone else.

Parent Talk Cymru

Parent Talk Wales is a free and confidential service for parents of 0-19 years old in Wales. You can get support with anything that is worrying you about parenting or your child. Visit: parent-talk.org.uk/wales

Attendance

If you have an attendance issue, or are reporting an absence, please use the following methods: **Email: Attendance@rhosnesni-high.wrexham.sch.uk** or **telephone: 01978 340947**. Please remember that a reason for absence must be provided for each day of a student's absence.

Student Leadership Update

Following a series of interviews 11 students have been selected to join our Student Leadership Team. We are very proud that so many of our students wish to be involved in supporting others or being involved in discussing how we can improve student life here at Rhosnesni High School.

College Courses Year 10 and 11

A reminder that some of our Year 11 students attend college courses on a Tuesday afternoon and Year 10 attend on a Wednesday afternoon. If your son/daughter attends college then please remind them that they must bring in PPE if needed for their courses E.G Engineering or Construction. If PPE is not brought in, they will not be able to access the workshops due to health and safety requirements. Lanyards are also compulsory at Coleg Cambria and must be worn at all times whilst on the college site.

Year 10 Option Changes

As of Friday 7th October, there will be no more option changes. This will enable our Year 10 students to focus completely on the subjects that they are currently studying at GCSE level.

Year 11 Mock Exams

We are hoping to hold Mock Examinations for our Year 11 students from Wednesday 9th November. Further details will follow later in the term.

Year 8 and 9 Girls Netball Match

This will be held on Thursday 6th October away at Ysgol Bryn Alyn - 3.15pm-5.00pm.

Year 7 Rugby Club

This will be held every Thursday 3 - 4pm with Mr Appleton and Mr Platt. All abilities are welcome.

Senedd yr Ifanc

Wrexham Council's Participation Team are committed to supporting Welsh Government to ensure that children and young people are able to access the maximum possible number of opportunities to participate in decision making locally and nationally, on issues which affect their lives. The Participation Team are currently looking for new members to join Senedd yr Ifanc. Please see the attached poster for more details.

Contacting School

Telephone: 01978 340840

Email: Mailbox@rhosnesni-high.wrexham.sch.uk

**Diolch yn fawr,
Team Rhosnesni.**