

## From the Deputy Headteacher

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Dear Parents

In support of the termly year group emails from Heads of Year and Heads of Key Stage, I aim to keep parents updated on whole school pastoral issues throughout the academic year, and to supplement the regular parent emails from the Headmaster.

### **Kirkland Rowell Pupil Survey**

After the half term break, we will be inviting pupils to complete our external Pupil Survey provided by Kirkland Rowell. This is a survey that we ask pupils to complete every three years, to supplement the internal wellbeing surveys that take place throughout each academic year, as well as the Pupil Wellbeing Survey (GHLL) in January. Further instructions will be given to pupils during w/c 6 November. We appreciate parental support in encouraging pupils to complete this survey as it will provide us with valuable feedback on all aspects of school life.

As many of you will be aware, we also complete a Parent Survey every three years with Kirkland Rowell; this is scheduled for October 2024.

### **Whole School Assemblies**

Unlike the summer term, when the main hall is out of use due to the external examinations, the Autumn term allows us to return to our traditional bi-weekly whole school assemblies. These take place alongside individual year group assemblies within the two-week timetable. Mr Morgan delivered the first assembly of the year on making a positive start and being kind to each other. My assembly followed on the importance of reputation, highlighting the role each of us play in the development of our individual reputations and that of the School, drawing on the tale of Alfred Nobel's determination to change his reputation by creating the Nobel Prize. Mr Daniell delivered the next assembly on taking responsibility for our actions and being honest, drawing on a personal story from his childhood involving him accidentally cycling into his father's new car. Mr Dempsey delivered this week's assembly on the topic of perspective and appreciating each other's point of view, using the 2018 audio illusion 'laurel/yanny' to exemplify how different our interpretations can be to the same situation.

We look forward to continuing our programme of whole school assemblies next term, starting with the traditional Remembrance assembly on Friday 10 November.

### **PSHE**

Pupils in Year 8 have recently watched a performance of Chelsea's Story on the theme of Child Sexual Exploitation. The play, which is based on real events, provides an opportunity for interaction with the actors and provides students with information on where to go if they have any questions or concerns.

In the last year, schools in the UK have become concerned about the influence Andrew Tate may have on the attitudes and beliefs of some adolescent boys. Matt Pinkett (author of *Boys Don't Try?* (2019) a research-based study into boys' achievement and *Boys Do Cry* (2023) a research-based study into improving boys' mental health and wellbeing) was invited to provide a talk to Years 9, 10 and 11 on the theme of challenging stereotypes and misogyny where they appear, as well as providing INSET training for staff. We explained to pupils that we know this is a complex, sensitive and nuanced topic, but one that we hope our pupils will appreciate being discussed in school.

*Schoolbeat* is a safeguarding programme delivered by police officers within schools. Its aim is to prevent children becoming victims of crime by helping them to recognise new and emerging dangers, as well as to build trust between school aged children, police and other support agencies. Starting from October, PC Greg Steer will return to provide a series of talks in Year 7, 8 and 9 PSHE lessons. Themes will include domestic abuse, knife crime and drugs and alcohol; sessions will also signpost pupils to relevant support services.

Year 12 have also started their Enrichment programme and have had lessons associated with the core themes of health and wellbeing, relationships, and living in the wider world. On 3 October, Daniel Allchurch from *Talk Consent* also facilitated an impactful and engaging talk on consent; Daniel also clarified how students can report an incident or receive support.

We are grateful to Mrs Garcia (Associate Assistant Headteacher) and Mr Marks (Head of Enrichment) for co-ordinating the above provision.

### **Open Parachute**

Recently, we have been given the opportunity to trial *Open Parachute* – a Tier 1 mental health programme designed to support the mental health of students. *Open Parachute* is currently used effectively in schools in five different countries, including North America and Australia. The programme aims to reduce stigma and generate discussions in school about the real issues pupils face. Each unit is created by clinical psychologists and educators to teach mental

health skills to all students using authentic peer voices. The programme also allows Heads of Year to tailor the themes covered to the needs of their year group. At present, both Year 8 and Year 12 have begun to use the *Open Parachute* programme during Tutor time.

## Parental Support

Teens in Crisis (TIC+) would like to share information regarding free *Parent Support Groups* that are running for parents/carers of children between the ages of 11-18 within Gloucestershire.

The groups are designed to inform and support parents by giving guidance on how to understand their son or daughter's distress and discover effective strategies to improve their resilience. The group is also an opportunity for parents going through similar experiences to encourage, support and learn from each other in a safe and friendly environment.

Details of the upcoming support groups can be found below, although places are limited:

7 November - 10:30am - Stroud - <https://www.eventbrite.co.uk/e/687183372967?aff=oddtcreator>

8 November - 7:00pm - Cheltenham - <https://www.eventbrite.co.uk/e/687191838287?aff=oddtcreator>

8 November - 7:00pm - Zoom - <https://www.eventbrite.co.uk/e/687200684747?aff=oddtcreator>

9 November - 7:00pm - Gloucester - <https://www.eventbrite.co.uk/e/687852825317?aff=oddtcreator>

9 November - 7:00pm - Zoom - <https://www.eventbrite.co.uk/e/704537890797?aff=oddtcreator>

All details are also available on the TIC+ website:

<https://www.ticplus.org.uk/parents-carers/parent-carer-support-groups/>

*Family Lives* are also offering free online courses for parents to support their relationships with teenagers. The courses cover modules in:

- Understanding teen behaviour
- Feelings and needs
- Risky behaviour, conflict and sensitive issues
- Communicating with your teen

Further details can be found via the following link:

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/coping-with-teens?referer=/how-we-can-help/online-parenting-courses>

## School Nurse

We are fortunate to have a member of the school nursing team with us in school every Tuesday lunchtime during term time. The School Nurse can support any pupil with a wide range of concerns, including physical, sexual or mental health issues, and can be a useful additional source of information for outside agency support.

If a pupil wishes to visit the School Nurse, they can simply come to reception during a Tuesday lunchtime. A School Nurse appointment can also be secured outside of this time via a direct referral from parents or pupils; please use the link below for further information:

[School Nursing > Glos Health & Care NHS Foundation Trust \(ghc.nhs.uk\)](#)

## STRS Website


A reminder that we have recently relaunched our school website. Further details on pastoral support and contact details for Form Tutors, Pastoral Support Assistants, Heads of Year and Heads of Key Stage can be found via:

[Home • Sir Thomas Rich's School \(strschool.co.uk\)](#)

A reminder that the last day of this half term will be next Wednesday (25 October) at the usual finish time (3.20pm). We will return on Monday 6 November.

On behalf of all Form Tutors and the Pastoral team, we wish you an enjoyable half term break when it arrives.

Best wishes



Matthew Lynch

DEPUTY HEADTEACHER

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