



Parent Bulletin Friday 6th October 2023

Dear Parents and Carers,

It was great to see so many parents of our Year 7 and 12 students at yesterday's Meet The Tutor events. I hope they proved useful and supported settling into life at Slough and Eton. I would also like to congratulate our Year 11 football team for a fantastic 5-4 victory over Churchmead this week and our Sixth Formers who won the TVLP Student Leadership challenge on Tuesday, earning themselves £100.

We have had some difficulties with students not always having the right items of uniform this week. Next week I will publish an updated list of pictures showing items that are and are not acceptable which I hope will help parents. In the meantime, please check the following with your child to support them with having a smooth day in school:

- Blazer on when they arrive at school
- Only a black V neck jumper under the blazer, not instead of it
- A coat that is not a hoodie or sports top
- Earrings that are only a stud or sleeper and which do not hang down
- Students should not be wearing their PE top under their shirt
- Students (boys) only need to wear **one** pair of trousers.

Next week we have plenty going on in school with our Careers Week and Miss Shallow has added details below. Also, for Year 11 parents, please add to your diary our Sixth Form Open Evening on Thursday 19th October starting at 5pm. There is also some information below about World Mental Health Day which is next Tuesday. I hope you find this helpful.

We have started marking *Black History Month* this week and have a series of awareness activities planned to help widen students' understanding. Next week I will share some more details about what has been covered so far and encourage you to talk to your child about what they are finding out in school.

Finally, we had a brief visit from the local police team and their knife arch on Wednesday to show students how screening works when they arrive at school. Sadly some other matters took priority and the event couldn't go ahead as planned but they will be back again soon as part of their regular tours to schools.

Have a good weekend.

Best wishes

Peter Collins
Headteacher



SSAT



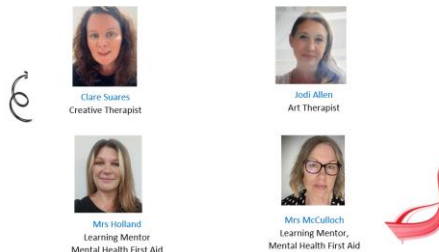
World Mental Health Day 10th October 2023 – Mrs Goodyear

At Slough & Eton we believe that mental health and wellbeing is the basis for a happy and successful life at school and beyond. Your child can self-refer to a School Counsellor or a Learning Mentor by emailing us at wellbeing@slougheton.com. If they would rather speak to somebody who does not know them, there are helpline numbers below that they might find useful.

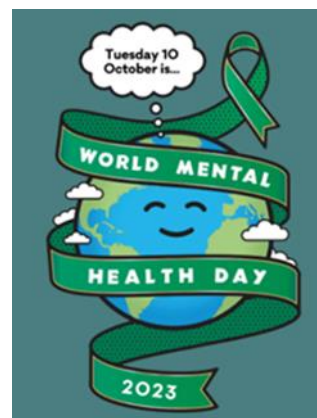
If you are worried about your child’s mental health and you would like to speak to somebody in school, please contact our Wellbeing Team

wellbeing@slougheton.com, or take a look at our webpage <https://www.slougheton.com/about/wellbeing-and-mental-health>

Meet the Team



Name of Service	Contact details
Young Minds	https://youngminds.org.uk/ text 85258
Childline	https://www.childline.org.uk/ telephone 08001111
The Mix	http://www.themix.org.uk/ telephone 0808 808 4994



Why is sleep important for our mental health?

Sleep is also a critical component of our mental health, not just our physical health.

In our survey, nearly half **48%** of adults and two thirds of teenagers **66%** agreed that sleeping badly has a negative effect on their mental health.

Good sleep can help us to:

- manage feelings, emotions and behaviour,
- be alert and remember things properly, and
- be attentive and learn better.

However, lack of sleep or poor quality sleep can:

- make us feel low, anxious, irritable or confused, and
- make it harder to manage our emotions and the challenges in life.

Sleep problems can be both a symptom of, and a contributor to, mental health problems. Experiencing a sleep problem is very common, with as many as 1 in 3 people having difficulties sleeping.

Lack of sleep over a consistent period of time can also increase impulsive behaviour, negative thinking, feelings of anger, and is linked to increased risk of mental health problems such as depression and anxiety disorders.

A good night’s sleep is integral to good mental health. Some students have been telling us that they struggle to get to sleep before midnight. The Mental Health Foundation has produced a great guide for parents about helping children to sleep better. Click on the image below for more information:



Careers Week – Miss Shallow

Next week (w/c 9th October) is Careers Week. This means that across the school a number of events are being run to increase student awareness of future career possibilities and the next steps available to them. This includes:-

- Each subject showcasing linked careers during lesson time
- Talks for Y9-11 from Global Academy in Hayes on the post-16 options they offer
- Talks for Y12-13 from Oxford Brookes University on Higher Education and Student life
- Opportunities for Y13 to have UCAS Personal Statements checked over by University representatives
- A 'Guess My Job' event for Y7
- A recycling-themed Business and Enterprise Day for Y8
- Year 11 partaking in talks and workshops on employability skills and writing a CV in readiness for Business Interview Day later this year

Collective Worship Reflection

This week we focus on positive wellbeing, embracing courage, resilience and perseverance.

Living life in all its fullness 2 CORINTHIANS ch4 v8-9

"We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed."