



Wellbeing Newsletter

Here at Fram Sixth Form we pride ourselves on the high levels of support both academically and pastorally. Our students have access to subject specialist knowledge from their teachers and tutors, a careers advisor and a Pastoral Manager supporting them throughout the two years of A Levels. In a world which is complex, fast paced and pressured it is more important than ever that we take the time to care for ourselves and place our mental wellbeing and physical health as a priority. We are reaching out to parents in the form of a newsletter to keep you up to date with our provisions and support mechanisms and also to share resources and tips as to how to support your child through A Levels.

The Guardian, Sun 25 Sep 2016

“What is undeniably true is that the evidence suggests that rates of depression, self-harm and anxiety among young people are at unprecedented levels.... The ubiquity of the internet and social media, with its dark underbelly of hardcore pornography, body shaming and cyberbullying, is encroaching on their wellbeing, while a relentless focus on academic high-achieving is turning up the pressure even more. Youth, traditionally thought of as the most enviable time of life, can now look like a deeply challenging and sometimes unpleasant time of life.”

We are building a team of staff and Sixth Formers to take part in the Great North Run in September 2020 raising funds for CHUF— Children’s Heart Unit and the Freeman Hospital. We would love it if students and parents/carers would like to join us! Please contact Mrs King (she has nervously volunteered!)



*Alexia Adrianopoulos:
Philanthropist*

“Growing up today seems to be harder than ever. Children and young people face a host of novel stressors that I cannot even purport to understand. In a confusing, addictive, 24-hour online world, young people need new tools and more support.”

On Friday the 13th December we are hosting a **Wellbeing Day** where students will use the day to focus on their health, tools to learn resilience and a focus on the impact exercise can have in boosting our wellbeing and positivity. The day will comprise of the following:

- Youth Focus— Body Image
- LGBT— Diversity Awareness
- School Nurse and Coppafeel Cancer Awareness
- Durham Police— Speed Awareness
- Northumbria University— Fitness

Top tips for supporting your child through half term in preparation for their mock exams in November-

- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of term.





SIXTH FORM

FRAMWELLGATE SCHOOL DURHAM

Inspirational-Aspirational

We are working on confidence this term and helping our students realise there are no limits to their potential!

On Wednesday 23rd October we have guest speakers coming in to participate in our "Women of Tomorrow Day". Chief Superintendent Sarah Pitt and Gentoo Director of Operations, Michelle Meldrum will be speaking with the students, sharing their career paths, mindset and goals.

On Friday 29th November Counsellor Corrigan, current Mayor of Durham, will be speaking with our students. As the youngest ever Mayor in Durham she will provide plenty of motivation and ambition to our students.



Every month two of our students research and rate a variety of well-being apps and methods to recommend to the Sixth Form. They are presented in our weekly slides.

Check out "Catch It" and "The Sam App"!

Check out our sporting clubs available via the Sixth Form website and don't forget we have Metafit for staff and Sixth Formers on a Wednesday at 2.30pm



In order to embrace diversity and to ensure every single student feels included in our school community, we are in the process of setting up an **LGBT+ and Allies** group. We

will be holding a variety of events throughout the year to raise overall awareness and understanding. We will host a fortnightly 'catch up' group where students are welcome to meet for a cuppa and cake plus, once a month, Durham pride will be providing us with guests to hold talks with students to boost inclusion, understanding and support to the group.



Online Gambling

In January we will be holding a seminar to address the rapid rise in online gambling amongst young people. One in ten children aged between 13-18 are gambling online and its addictiveness can lead to huge debts at a young age. We will be raising awareness on this issue.

Macmillan Coffee Morning- Thank you!

Thanks to our parents/carers and students for your contributions to our coffee morning. We raised enough funds to cover the Macmillan Online Community forum for one day. Typically, that would give nearly 750 people affected by cancer both emotional and practical support. Amazing.



As part of World Mental Health Day we asked the students to write down ten things that they love about themselves. It was so lovely to see them all helping each other and complimenting each other as well being able to see the best within themselves!



On the 8th November a number of students will be visiting the Stadium of Light to attend a conference tackling homophobia and racism within the world of sport. The guest panel will consist of three North East Police and Crime Commissioners, the Chief Constable of Durham and Darlington Police, current and former footballers who have experienced racism during a match and local LGBT groups. We will be delivering our findings to the rest of the school and sharing our message of equality

