

BLS BULLETIN

OCTOBER 2022

A few comments from our students about our school dog Luna.

I love her curls.

She's fun to play with and she's awesome and she loves me.

She's cute!



She's fluffy!

I love cuddling Luna at the back of the classroom.

She loves me.

Restart a Heart Day

Many of our students have practised CPR in school as part of the British Heart Foundation's campaign to train secondary aged students. Anyone can learn CPR for free and in just 15 minutes through RevivR [here](#).

Free Webinars

Charlie Waller Trust Mental health [webinars](#) for parents and carers with children of all ages.

SCESS (Schools and Colleges Early Support Services) Topics include managing teen behaviour, anxiety in adolescence and weathering the storms of teen emotions. I have shared information and links with secondary parents and carers via School Gateway. If your child is in Year 6 and you are interested in attending, please get in touch using the contact details at the end of this newsletter.

Sweet Qualification

Many of our secondary boys will be beginning their BTEC in Personal Growth and Wellbeing after the half term break. This qualification is coursework based and there is no exam. The majority of the work will be completed in PSHE lessons.



Free Helplines

ERIC

0808 1699 949

10am – 2pm Monday to Thursday



Speech & Language Advice Line

0333 321 9448

2pm – 4.30pm Monday to Friday



the national
sleep
helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?
Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541
Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

Online Safety

Internet Matters is a fantastic website with easy-to-access advice. Information is organised by age range: [6-10](#), [11-13](#) and [14+](#).

The school's dedicated online safety page can be found [here](#).

Dates

Friday 21st October Break up for half term holiday.

Monday 31st October Staff and students return. 10.30am start.

Have a good week,

Mrs Alyssa Lee

PSHE/Mental Health and Wellbeing Lead

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