

**St Antony's Stories** – information about learning, activities, events at school which form part of **students' Personal Development** w/c 8<sup>th</sup> May 2023

Who?	What's the story?
<b>Assemblies</b>	
<b>Y7-Y11 this week</b>	<p>Ahead of Mental Health Week, from 15<sup>th</sup> May, this week's theme was on how we can support our wellbeing. Students were helped to understand that looking after our wellbeing can be done if we:</p> <ol style="list-style-type: none"> <li>1. Connect with people</li> <li>2. Are active and look after our physical health</li> <li>3. Learn something new and get creative!</li> <li>4. Are kind</li> <li>5. Pay attention to the present moment (mindfulness)</li> </ol> <div data-bbox="635 891 1161 1395" data-label="Diagram"> <p>The diagram is a triangle with three vertices. At the top vertex is a green circle containing a blue sneaker with an orange bandage on the heel, labeled 'PHYSICAL'. At the bottom-left vertex is a blue circle containing three stylized human figures in a circle, labeled 'SOCIAL'. At the bottom-right vertex is a pink circle containing a brain with a speech bubble, labeled 'MENTAL'. The text 'Health Triangle' is written in the center of the triangle. Double-headed arrows connect each pair of vertices, indicating interrelationships between physical, social, and mental health.</p> </div>
<b>Y7-Y11 last week</b>	<p>Students were reminded of the 9 protected characteristics, protected in law, particularly that of disability. Also, a reminder of our school value of respect and our promotion of #nobystanders.</p> <div data-bbox="614 1523 1184 1910" data-label="Image"> <p>A poster with a red top section, a green middle section, and a blue bottom section. At the top, it says 'DISABILITY IS NOT A BARRIER.' in white text on a red background. In the center, there is a white silhouette of a person in a wheelchair. At the bottom, it says 'DISCRIMINATION IS.' in white text on a blue background.</p> </div>

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**Personal Development Lessons**

<b>Y7-Y11</b>	Living in the Wider World
<b>Y7</b>	Animal Rights – Living Responsibly
<b>Y8</b>	Human Rights – Wider World
<b>Y9</b>	My Rights – Knowing my Rights and Responsibilities
<b>Y10</b>	Environmental Responsibility - Solidarity
<b>Y11</b>	Relational Responsibility – Coercive Control

**Other St Antony's Stories**

**All year groups**

Families were involved in a Dignify workshop, aimed at supporting adults with ways to help safeguard their child from risky online behaviour, particularly around image sharing. Thanks to those who attended. The workshop content will be added to the website Wellbeing and Support section.



Thanks to the Mental Health Champions who've led the planning and delivery of sessions to Y7-Y10 over the last 4 weeks, with strategies for looking after Mental Health and Wellbeing.



The GIFT team have been at Flixton Manor Care Home once again this week, in their mission to live out Catholic Social Teaching and be in service to the staff and residents of the home. We know that their efforts and presence has been very much appreciated.

