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

Who?	What's the story?
Assemblies	
Y7-Y11 this week	Ahead of Mental Health Week, from 15th 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: 1. Connect with people 2. Are active and look after our physical health 3. Learn something new and get creative! 4. Are kind 5. Pay attention to the present moment (mindfulness)
Y7-Y11 last week	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.

Personal Development Lessons	
Y7-Y11	Living in the Wider World
Y7	Animal Rights – Living Responsibly
Y8	Human Rights – Wider World
Y9	My Rights – Knowing my Rights and Responsibilities
Y10	Environmental Responsibility - Solidarity
Y11	Relational Responsibility – Coercive Control

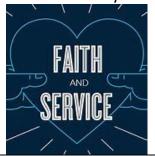| Other St Antony's Stories	
All year groups	Families were involved in a Dignify workshop, aimed at supporting adults with ways to help safeguard their child from risky online behaviour, particularly around image sharing. Thanks to those who attended. The workshop content will be added to the website 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.