



Lewis School Pengam

Personal Social Education

Newsletter



March 2022

@LSP_PSE

stranh@lsp.wales

Hi All,

Welcome to the March issue of the PSE newsletter. Hopefully you all had a nice half term. This month in school there is a number of rescheduled parents evenings so please take note of the dates below.

PSE Lessons in March

PSE lessons in Lewis School Pengam this month is shown in the table below.

| Year 7 | Year 8 | Year 9 |
|-------------------------|-------------------------------------|--|
| Anti bullying awareness | Digital Competency Mental Health | Relationships and Sexuality Education Options Advice |

Thankfully this month PC Jones (our school police liaison officer) will be coming into school and delivering lessons that appear on the police schoolbeat website - <https://schoolbeat.cymru/>



3rd - Year 11 Options Evening
10th - Year 9 Parents Evening
17th - Year 9 Options Evening
(6pm Start)



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March Events in PE Department

These are the topics covered this term in the practical lessons

YEAR 7 CITIZENSHIP
Half-term 4 overview

Theme: TRANSFORM

- 'Transform' theme - Individuals into a team
- Team Building activities & Strategy
- Social ME learning
- Forming a team & creating team values
- Building relationships & interacting
- Outdoor experiences
- Bullying
- Independent research

Outdoor kit required including change of footwear (trainers)

YEAR 8 CITIZENSHIP
Half-term 4 overview

Theme: EXPLORE

- Explore strategy to improve team performance
- Team Building activities & Strategy recap
- Social ME learning
- Forming a team & creating team values
- Building relationships & interacting recap
- Indoor athletics team activities
- Mental health awareness

Outdoor kit required including change of footwear (trainers)

YEAR 9 P.E
Half-term 4 overview

Focus: Understanding fitness

- Personal fitness & goals
- Movement skills
- Understanding fitness principles
- Planning & monitoring
- Training methods
- 'Mini' training programme & review

Indoor & outdoor kit required at various points

YEAR 10 P.E
Half-term 4 overview

Focus: Team work

- Teamwork
- Communication
- Basketball activities
- Skills & techniques - The LSP Way
- Games for understanding
- Tactical development
- Leadership opportunities

Indoor kit required including change of footwear.



Congratulations to the year 7 football team under the guidance of Mr Vincent who has progressed to the quarter finals of the Welsh cup where a home tie awaits. Good Luck you have represented the school excellent this year



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Sharing the LOVE!!!

February, traditionally the month of love, was truly spectacular around school for two reasons. Firstly, it was LGBT History Month and pupils and staff spent time reflecting on LGBT icons past and present. There was one of our legendary coffee mornings where we could wear our colours, eat, drink and be merry and learn a bit about the theme of this year's LGBT History Month which is Politics in Art.



We stretched the theme a bit to include a rather impressive playlist, curated by Miss Hacker that got us all singing and thinking. We never miss an opportunity to raise some money for charity and this year we collected money for the National AIDS Trust, which provides valuable support for many LGBT people. Other highlights include the amazing registration resources created by Mr Strange with plenty of related thoughts for the day, Mr Strange's, Miss Hacker's and Mrs Oliver's displays and the rainbow laces and lanyards worn around school.



The second reason is that the Climate Coalition has declared February the month to show love to the environment. Our eco committee, a.k.a. Pengam's Green Machine, made and displayed green hearts around the school and then years 7-9 went outside on Valentine's Day and created a human heart shape that was photographed by Mr Salter. Pengam's Green Machine also had a very productive meeting planning more positive action, conducted a litter pick along the River Rhymney and spent hours sorting our recycling and Terracycling to make sure we are sending less rubbish to landfill and recycling more, including difficult to recycle items. Many pupils also wrote a letter to our local MP, Wayne David, highlighting issues relating to climate change, explaining what positive actions we are taking as a school to tackle the problem and asking him to raise awareness in Parliament. We are awaiting a response!



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Pengam's Green Machine will be working on making improvements to our recycling systems in the near future, planting a wild garden, holding more litter picks and learning new eco crafts, amongst other things, in the very near future. We also have some top secret work to undertake with Eco Schools Wales.

Please speak to Miss Treweek if you would like any further information about LGBTQ+ or Eco related issues or would like to take part in any future events.

You can email: treweekp@lsp.wales.



School Event

You can leave your hat on!

On Friday 25th March it is Wear a Hat Day and you are all welcome to wear your favourite headgear to school. The idea is to raise money for Brain Tumour Research so we will ask for a donation of at least £1 to help the charity. Did you know that brain tumours kill more people under 40 than any other type of cancer? We can help by raising some money and awareness.



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Community News

Gwent Youth Question Time

Thursday 10 March 4.30pm – 6.30pm (via Microsoft Teams).

The online event, hosted by young people from the Gwent Regional Youth Forum provides young people from across Gwent the chance to take part in a 'question – time style' event.

It provides an unique opportunity to pose a question to panel of professionals who specialise in a wide range of issues that young people have said are important to them:

- Policing
- mental health
- tackling discrimination and hate crime
- safe and healthy relationships



To register a place visit:

<https://www.eventbrite.co.uk/preview?eid=240930127497/?eid=240930127497/>

STOP IT NOW

Download
our leaflet



THE
LUCY FAITHFULL
FOUNDATION
Working to protect children



Together with people from the Ethnic Minorities & Youth Support Team Wales as well as Stonewall Cymru and Learning Disability Wales, STOP IT NOW has created new educational leaflets for parents, carers, and professionals with vital information to keep children safe from sexual abuse.

<https://www.stopitnow.org.uk/wales/publications-and-resources/>



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Mental Health Helpline for Wales



If you are struggling with your mental health we are here 24/7 on 0800 132 737 for support and advice.

Mental health helpline for Wales, provides emotional support, referral to agencies and free self help leaflets for anyone in Wales, call us on 0800 132 737.

www.callhelpline.org.uk

Cardiff to Edinburgh.

Just a reminder that a group of cyclists including our own Mr Thomas will be leaving Cardiff Castle on April 12th and cycling to Edinburgh.

The aim is to raise £50000 for two fantastic charities - Velindre and Latch.

If anyone would like to support, the link for the website is C2Cycling (www.c2cycling.co.uk).



Cardiff to Edinburgh 2022
Caerdydd i Gaeredin 2022



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No Smoking Day



No Smoking Day is an annual health awareness day in the United Kingdom which is intended to help smokers who want to quit smoking. The first No Smoking Day was on Ash Wednesday in 1984, and it now takes place on the second Wednesday in March.

Each year, the campaign is promoted with a theme in the form of a short phrase. An example of previous year's themes has been "Break free", encouraging smokers to break free from the chains of cigarettes and quit on No Smoking Day and "Time to quit?". Research conducted by GfK NOP following the 2009 campaign found that 1 in 10 smokers quit on No Smoking Day.

Quit smoking

Stopping smoking is one of the best things you will ever do for your health.

When you stop, you give your lungs the chance to repair and you will be able to breathe easier.

STOP SMOKING TODAY

**HELPA FFI STOPIO
HELP ME QUIT**

Ewch i helpafistopio.cymru
neu tecstiwch HMQ i 80818.
Visit helpmequit.wales
or text HMQ to 80818
0800 085 2219

GIG
CYMRU
NHS
WALES

ash wales
cymru
action on smoking and health

There are lots of other benefits too – and they start almost immediately.

It's never too late to quit.

Let's do this!



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Quitting tips

You have made a great decision to give up smoking. Here are some tips to help you succeed. Once you have picked your quit date, remember to add it to your calendar.

<https://www.nhs.uk/better-health/quit-smoking/>

| | |
|---|---|
| List your reasons to quit. | Tell people you're quitting |
| If you have tried to quit before, remember what worked. | Use stop smoking aids. |
| Have a plan if you are tempted to smoke. | List your smoking triggers and how to avoid them. |
| Keep cravings at bay by keeping busy. | Exercise away the urge. |
| Join the Facebook group for support and advice. | Throw away all your cigarettes before you start. |

What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.



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National Events in March



Eating Disorders Week - 28th February - 6th March 2022

Eating Disorders Awareness Week is an international awareness event, fighting the myths and misunderstandings that surround anorexia, bulimia, binge eating disorder and EDNOS.

www.beateatingdisorders.org.uk/support-our-work/eating-disorders-awareness-week/

World book day - 3rd March 2022

In 2022, 25th anniversary of World Book Day will be celebrated – with the message for all children **'you are a reader'**! It will be filled with lots of exciting, celebratory ways to promote reading for pleasure on World Book Day, and all-year round.

www.worldbookday.com



National Bed Month - 1st - 31st March 2022



Throughout March it's National Bed Month, time for a lie in before learning about the importance of a good night's sleep! Organised by The Sleep Council, the month aims to remind us all of why a sound sleep is good for our health.

<https://thesleepcharity.org.uk/>

World Water Day - 22nd March 2022

World Water Day takes place each and every year on March 22nd, and aims to underline the importance of water. Using the day as a basis for longer-term action, the UN aims to ensure that everyone in the world has access to safe water by 2030, while not impacting the environment.

www.worldwaterday.org



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