



Date

Dear Parent(s)/Carer(s),

Keeping your child safe is an absolute priority for everyone within The Bewdley School community. My letter this week focuses on Health and Well-being. Students from Wolverhampton University in conjunction with the NHS have recently developed a series of Health and Well-being Podcasts aimed at children between 13 and 17. They are hosted by the BBC One presenter and actor Cel Spellman.



INTRODUCING OUR HEALTH UNCOVERED PODCASTS

With Cel Spellman

“Our new series of podcasts hosted by BBC Radio One presenter and actor Cel Spellman aim to get more young people in-tune with their health and wellbeing. Sexually transmitted infections, low-mood, self-harming, drugs, alcohol and

everything else – Cel is lifting the lid on teenage health. Life isn't always easy - and

young people across the country have been helping us explore the issues that they're facing today. From online bullying to sexual health, body image to mental health. They've been asking the questions you want to hear answered, joined by the health professionals that help young people, like school nurses and mental health specialists, to provide solutions, support and understanding.”

Please click on the link below to access the podcasts . The Podcasts cover a variety of topics from bullying, self-harm and mental health to name a few:

https://www.listennotes.com/c/cff2db9f9c0d4f56a61b98b0c2bfc4f/health-uncovered-with-cel-spellman/www.nhs.uk?utm_source=listennotes.com&utm_campaign=Listen+Notes&utm_medium=website

Thank you for taking the time to read the Safeguarding Bulletin. As always, should you have any questions, queries or concerns please do not hesitate to contact the school.

Best wishes,

Mr D Chauhan – Deputy Headteacher