



As Mental Health Awareness Week comes to an end, we're thrilled to witness our students actively participating and advocating for mental well-being. From wearing vibrant shades of green to symbolise hope and growth to engaging in friendly competitions like kick rounders against our teachers, our students have been working hard raising awareness and getting involved in various activities throughout the week. We'll leave it to the students to share the thrilling results of their kick rounders match with you!

This week serves as a powerful reminder of the collective efforts needed to prioritise mental health. It's heartening to see our school community coming together to foster open conversations, support one another, and break down barriers surrounding mental health. As we continue to navigate these conversations, we encourage everyone to engage with each other, listen to their experiences, and reinforce the importance of seeking help when needed. Together, we can nurture environments where everyone feels empowered, valued, and supported in their journey towards mental well-being which has a big impact on school and everyday life.

Suitability matched to our school motto *E Glandibus Quercus*, which translates to 'Great oaks from little acorns grow'. 🌳 Remember: "You are never alone in your struggles. Just like a tree stands strong against the wind, you too have the strength to weather any storm."

Have a lovely weekend,

Michelle King
Headteacher



FOCUS Telford and Wrekin Athletics

Our Year 9 athletics did Idsall proud at the Telford and Wrekin Athletics this week.



They won lots of events, but completely smashed the relays, winning both boys and girls events and making it look easy!



The PE Department would also like to thank Mr O'Keefe for providing lots of support, water and ice lollies.

Update: The scores have since been released: Year 9 boys placed first, Year 9 girls placed third and **#TeamIdsall** placed first overall. **Well Done!**

Upcoming Events

Events at a glance:

- * Mon 27 May - Fri 31 May: Half Term
- * Mon 3 Jun: Return to school for all students and staff
- * Wed 5 Jun: TrustEd KS2 Rounders Festival, 3.30-5.30pm
- * Wed 12 Jun: Wimbledon Trip Parents Meeting, Lecture Theatre, 5.30 - 6pm
- * Mon 17 Jun: Work Experience Week begins
- * Mon 17 Jun: Year 12 examinations begin
- * Wed 19 Jun: TrustEd Multi Skills Event 3.30-5.30pm



News

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📣 Reminders & Notices

Safeguarding Focus



This week's topic is mental health – which ties in with this week being Mental Health Awareness week. Mental health can still be a tough topic to tackle and one that many people struggle to bring up in conversation or choose to avoid altogether, yet research has shown that 8 in 10 young people feel that they suffer with mental health challenges. It is important that we continue to challenge the stigma around talking about mental health so that young people feel confident to discuss concerns or experiences around mental health problems like anxiety, exam stress, and mental health crises. Talking and reassuring young people that they are heard and supported can also help combat loneliness and isolation.

Top Tips for Talking about Mental Health:

- Choose your moment - Don't pick a time in which they might feel rushed, 'on the spot' or distracted. It may feel logical to ask a young person to come sit on the sofa or at the dining room table, but this could create an atmosphere of intensity – or, even worse, like they're in trouble! Instead, try to open a conversation when you're in a more casual setting and with perhaps less intense eye contact. For example, when on a walk, out for dinner or in the car.

Student Absences

Please ensure that you ring the school attendance office first thing in the morning, every day of your child's absence (01952) 468 400 or email attendance@idsall.shropshire.sch.uk for years 7 to 11 absence and email 6thformattendance@idsall.shropshire.sch.uk for Sixth Form absence. Thank you.

Trips

Planned trips appear here. Please see communications or trip leader for more information.

- ♦ Wimbledon Tennis Championships, Year 9-13, July 2024, Trip leader: P Goodison
 - Parent Meeting, Wed 12 Jun, Lecture Theatre, 5.30pm - 6pm
- ♦ GCSE PE Climbing Trip, Year 10, 18th, 25th June 5th July 2024. Trip Leader P Goodison
- ♦ Skiing Trip Austria, Year 10-13, Easter 2025. Trip Leader P Goodison



Rugby Awards

Congratulations to William, Year 9, who was given the TREDS Award by the Telford Hornets Rugby Club over the weekend. TREDS stands for Teamwork, Respect, Enjoyment, Discipline and Sportsmanship. Well done for showing such admirable qualities!

Wimbledon Trip Parents Meeting

We are hosting parental meeting for all parents of students attending the trip on Wed 12th Jun 5.30 - 6pm. Students are welcome and their attendance is encouraged. We will meet in the Lecture Theatre; please enter through reception and follow the signage. There will be an opportunity to ask questions, gain final details for the trip, including hotel details and timings for drop off.

Please email [Mrs Rushton](mailto:Mrs.Rushton@idsall.shropshire.sch.uk) for details about settling the balance and final payments should you need to.

Recommend a Read

Open to all, please email [Miss Basini](mailto:Miss.Basini@idsall.shropshire.sch.uk) with the name and author or your book/eBook or audiobook and why you love it. Miss Basini is hoping to display all of the awesome titles in the LRC and create a whole wall of what to read next for the school community. Watch this space!

- Use open-ended questions - Ask open questions that don't have a 'yes' or 'no' answer. Open questions allow space for the person answering to talk, rather than just giving a short response that could 'kill' the conversation. Some examples of questions you could use:
 - How are you feeling today?
 - Is there anything you want to talk about?
 - Is there anything worrying you?
 - Tell me about your friends. What do you like to do together?
- Listen actively
- Emotionally and mentally prepare yourself for the conversation.

You can signpost pupils to [Kooth](#) for mental health support, or they can text SHOUT to 85258.

Finally, remember that knowledge is power! By educating yourself on mental health, you'll feel more confident in conversing on the topic, which will in turn be reassuring to the child or young person you're talking to. There is no better time to learn about mental health than Mental Health Awareness Week! Use the link here to find out more: [Mental Health Awareness Week](#)

