

October was Black History Month and we celebrated the theme of “**Standing Firm in Power and Pride**” throughout the month through our DigiBriefing and our Learning 4 Life programme. We launched our Heritage Book Club with literature that reflected Black heritage, identity and resistance and Mia, Year 10, designed our new Black History Month Badge.

Giles Abban, from Sharp Edged, and a hunter on the Channel 4 show “Hunted” delivered inspirational talks to learners in Years 9 – 12. The celebrations continued with a **Back to the Future celebrity quiz show** created and presented by learners to Lower School and inspirational speakers came in to Learning 4 Life for the Upper School.



October also saw us collecting funds for our Basketball teams’ kits on World Mental Health Day as we recognised the importance of physical health when it comes to our mental health. As a college, we signpost our learners to various services to support their mental health (see below) Internally, we have four Mental Health First Aiders and we are supported by an Educational Mental Health Practitioner from CAMHS who works with our learners, in the main, who suffer from anxiety. Learners in the Sixth Form are able to refer themselves to the Wellbeing In Newham Schools team (WINS) – there are posters and QR codes across the building. We also have a counsellor in two days a week, however it is worth noting that there is a waiting list for this service. We are currently encouraging all our learners to sign up to the Peerscroller App (also open to parents) – this App has a wealth of information in short bitesize videos that can support learner wellbeing (and also ensuring that they are not listening to misinformation). Please encourage your child to sign up – details are below.



On our return from Flipped Learning Week we celebrated Diwali and took the time to pause for Remembrance. This week marks Anti-Bullying Week and learners in the Upper School have been looking at what bullying looks like in the work place. In Learning 4 Life, our Sixth Form learners are continuing to prepare for their next stages with presentations about interview techniques, CV writing and applying to competitive universities. Channel 4 has visited the Lower School to talk about careers and next week we will be focusing on Men’s Mental Health as part of our acknowledgement of International Men’s Day. International Men’s Day is an event to recognise and celebrate men’s contributions to society while raising awareness about issues that disproportionately affect them. These issues include parental alienation, suicide, and homelessness.

The celebration is guided by the Six Pillars of International Men’s Day, which aim to:

- Promote positive male role models.
- Acknowledge the positive impact men have on society.
- Focus on men’s health and wellbeing.
- Highlight discrimination faced by men.
- Promote gender equality.
- Work towards creating a safer and better world for all.



We will be sharing with learners some relevant statistics regarding men's health and encouraging our young people to look out for each other and talk about their feelings.

### Health and well-being

- **Suicide:** Men have a high suicide rate, with around 14 men tragically losing their lives to suicide every day in the UK.
- **Mental health:** Around 12.5% of men have a mental health disorder, but many are less likely to seek help due to societal norms.
- **Life expectancy:** One in five UK men do not reach the age of 65.
- **Prostate cancer:** Around 12,000 men die from prostate cancer each year in the UK.
- **Loneliness:** In 2023, 6% of men in England reported feeling often or always lonely.

### Social and economic issues

- **Unemployment:** Young men make up 62% of young people who are unemployed.
- **Homelessness:** Men make up at least 83% of rough sleepers in England, with the number of men sleeping rough increasing to 3,214 in Autumn 2024.
- **Prison population:** Men make up 96% of the prison population in the UK.

### Violence and abuse

- **Domestic abuse:** 21.7% of men have been victims of domestic abuse in their lifetime.
- **Work-related injury:** In 2023/24, 131 men lost their lives to a fatal work-related injury in the UK.

As always, if there are any concerns, please email the relevant Head of Year (for the Lower School) or the Pastoral Coordinators (for the Upper School)

You can find further information from the links below.

[Home - Kooth](#)

[Speak To Our Team | Support For Mental Health & Other Issues | The Mix](#)

[Young People's Wellbeing & Mental Health | The Children's Society](#)

[Mental health for children, teenagers and young adults - NHS](#)

[Information for young people on mental health and wellbeing - Mind](#)

[Newham Child and Adolescent Mental Health Service \(CAMHS\) | East London NHS Foundation Trust](#)

[Men's Mental Health Support UK | Further Help & Resources](#)

[ANDYSMANCLUB - It's Okay To Talk](#)

[Men's Suicide Prevention & Mental Health | Men's Minds Matter](#)

[Men's Health Hub | NHS Professionals](#)

The advertisement features a central video player showing a young man in a beanie with a play button overlay. The text 'Peerscroller EXPLAINED' is displayed below the video, with a purple banner underneath that reads 'For Secondary School Learners'. To the right of the video is a large QR code. Below the QR code, a white rounded rectangle contains the text 'Your Peerscroller signup code: 422023'. At the bottom right, there are two app store download buttons: 'GET IT ON Google Play' and 'Download on the App Store'. A small link 'Find out more at peerscroller.com' is located at the bottom left of the app store buttons.