

# Fulston Manor School Student Newsletter



Issue 002

#FulstonInFocus

October 2023



## Fulston Family Values

Students have taken to our values competition each week with absolute gusto! From preparing to speak in a debate on votes for 16 year olds and competing in an English Curriculum Jeopardy, to engaging in a mathematical scavenger hunt - students have shown great **fortitude** throughout this term.

A special mention to our competitions entries for improvements to our school site. We had amazing ideas illustrating not only their **fortitude** in meeting the challenge to improve where we learn, but brilliant **young citizenship** was shown by everyone as they kept in mind how we could improve our community for the benefit of everyone.

Our winning entries were split into a KS3 winner and a KS4 winner. For KS3, Farhan in M-PMC won for his excellent reimagining of the school site. The winning entry for KS4 came from a trio of eco-warriors, Shelby, Lillie and Lauren from S-KBE. They have reimagined our quadrangle as a sanctuary for the soul as well as a way to save the bees!

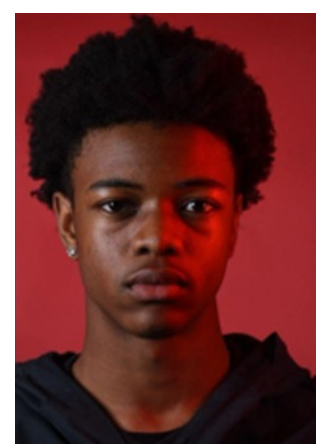
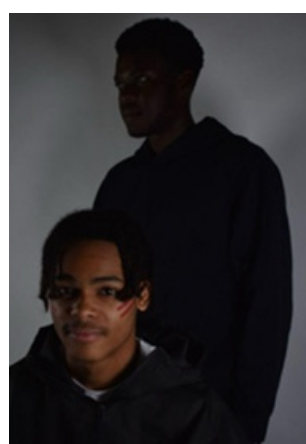
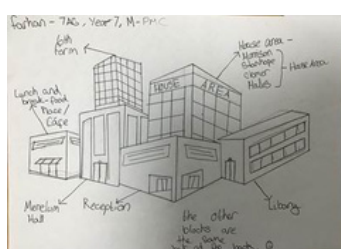


## Show Racism the Red Card!

On Friday, 20th October, staff and students at FMS were invited to wear red in support of 'Show Racism the Red Card'.

Our amazing sixth form photography students have produced a thought-provoking exhibition to raise awareness of this important cause. This exhibition can be viewed on the screens around school and on our social media channels and website.

Below are just some examples of the powerful work they have produced.



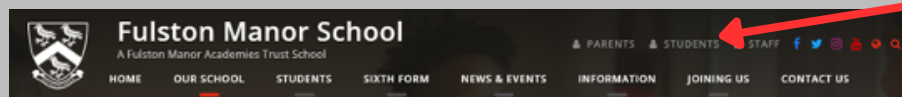


## Mental Health and Wellbeing

It is very important to look after our wellbeing. Here are some tips to help us manage our feelings:

- Write them down – you can put them in a worry jar, a diary or even throw them away.
- Take a problem solving approach to any worries which can be tackled. Work out the best possible solutions to your worries, what the pros and cons of each solution are and then review them and pick the best one!
- Ask yourself what a friend would tell you about your feelings/worries, then work out what the possible solutions would be – what would you tell someone in the same situation?
- Set aside “reflection time” which is limited to no more than 15 minutes a day, that way you can identify those feelings /worries. Identify what caused those feelings and worries and what you can do differently next time.
- Talk to a trusted adult about how you feel. Remember that you are not alone, always talk to someone about your feelings/worries.

If you would like further information on how to support your emotional wellbeing, please visit our school website, where there is a student section with a host of information to help you.



[www.fulstonmanor.kent.sch.uk](http://www.fulstonmanor.kent.sch.uk)

## Online support for emotional wellbeing...

[www.KentResilienceHub.org.uk](http://www.KentResilienceHub.org.uk) – this website provides a range of resources for young people, parents and carers on emotional growth and resilience.

[www.MoodSpark.org.uk](http://www.MoodSpark.org.uk) – part of the KentResilienceHub website which has been created by young people aged between 10-16 in order to share advice and experiences on how to look after your emotional and mental health.

[www.childline.org.uk](http://www.childline.org.uk) – ChildLine is a counselling service for children and young people up to their 19th birthday. They offer help and advice on a range of issues; talk to a counsellor online, send ChildLine an email or post on the message boards. You can contact ChildLine for free on 0800 1111.

[www.Kooth.com](http://www.Kooth.com) – offers emotional and mental health support to 11-19 year olds (or 25 with SEND). Young people can have 'drop in' chats with a counsellor or therapist, book a 1:1 session, or talk to other young people anonymously.

If you require support with your emotional wellbeing, please speak to your tutor or head of house. We work in partnership with The Emotional Wellbeing Team and Willows Counselling.

## Check out these new library books...



### Calling the Whales

A short, exciting and heartwarming story, ideal if you want a quick read.

From the author of Kick, a climate change story of survival and courage, in a world changed beyond recognition.

Spark



### Infinity Son

Adam Silvera's first fantasy novel. Set in New York amidst an epic war in which two brothers are fighting for different things.



## Safeguarding at FMS

Safeguarding is the way in which we, as a school, work to protect you, and your families from harm. This can be in or out of school. Within Fulston we have lots of specially trained staff who carry out this role every day.

If you have any concerns for yourself, a friend or you just think there is something you would like to talk to us about, please come and see any one of the following people...

### Safeguarding and Wellbeing within the Fulston Family



**Mrs Woolcott**  
Designated Safeguarding Lead



**Mr Abbott**  
Student Development Lead



**Mrs Franks**  
Mental Health and Wellbeing Lead

We are committed to the safeguarding and wellbeing of all members of the Fulston Family. We have detailed Child Protection, Safeguarding and Wellbeing Policies and work hard to ensure these are followed at all times.

Anyone who has a concern about a member of our community, believing that they may be suffering or are at risk of harm or abuse, should report it to the designated safeguarding lead, in the first instance. If this is not possible, please contact any of the members of our Safeguarding and Wellbeing Team.



**Mrs Burden**  
Executive Headteacher



**Mr Bowden**  
Deputy Headteacher



**Mr Bendon**  
Assistant Headteacher



**Mrs Davies**  
Head of Sixth Form



**Ms Hadok-Quadrio**  
Head of Cromer



**Mr Deeks**  
Head of Hales



**Mr Westby**  
Head of Morrison



**Mr Patey**  
Head of Stanhope



**Miss Caulfield-Browne**  
Student Support Manager



**Fulston Manor School**  
everybody matters, everybody succeeds, everybody helps



@fulstonfamily



## October Half Term

Friday, 20th October is the last day of Term One. We would like to wish everybody a very happy and safe half-term break. We return on Monday 30th October for Term Two.

