

Mental Health Awareness Week at Berwickshire High School

This week, Berwickshire High School has embraced '*Mental Health Awareness Week*' with enthusiasm, compassion, and creativity. Across all faculties, staff have come together to deliver lessons with a strong focus on mental health, helping students to explore what it means, how it affects us all differently, and how to manage the challenges it can bring.

In **Art**, students took their learning outdoors, using charcoal to draw nature and reflect on the therapeutic power of creativity. The sunshine and fresh air added to the calming atmosphere, making it a truly mindful experience.

Modern Languages classes explored global perspectives on mental health and learned how to express supportive, positive phrases in French, encouraging kindness and empathy across cultures.

In **Science**, the focus turned inward as students investigated what depletes our "body battery" and discussed healthy, practical ways to recharge. It was an insightful look at self-care from a biological perspective.

Citizenship lessons challenged students to think critically about how media influences mental health, including the impact of language and stigma. Discussions were thoughtful and engaging, highlighting the importance of awareness in shaping attitudes.

Both **RME** and **Maths** found common ground in mindfulness, with students introduced to meditation techniques designed to help manage stress and support mental wellbeing during overwhelming moments.

Throughout the week, the **PE department** ran a series of wellbeing lunchtime sessions, offering students a chance to get active, try something new, and simply have fun. From rugby to yoga, badminton to Just Dance, the sessions were incredibly popular—with plenty of smiles all round!

It's been a powerful week of learning, sharing, and supporting each other. Students now have a deeper understanding of mental health, how to cope with difficult days, and—most importantly—that mental health is something we all experience, each in our own way.

A heartfelt thank you goes out to all staff who contributed to making this week such a success. Your passion and care have made a lasting impact.

Mr Watson



Task 1 – Which country is this?

ATTITUDE:
Acknowledges mental health more.
Stigma decreasing, especially among young generations.

SUPPORT SYSTEM:
Strong public healthcare with mental health integrated.

CULTURAL NOTE:
The people are known to be very shy so people don't really share much.

- France
- Japan
- Australia
- Finland ←
- United States
- Argentina
- Pakistan
- United Kingdom
- Spain



Review – Figure out what each person is saying

Ça va très mal.

Je suis anxieux.

Je suis hyper stressée.

Je suis déprimé.



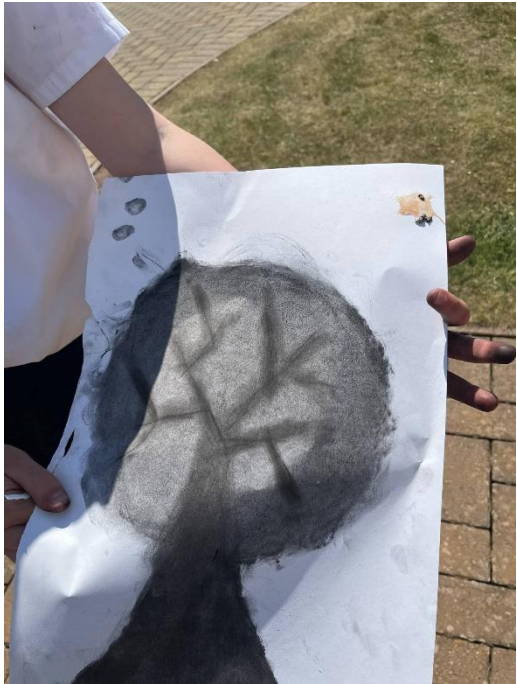
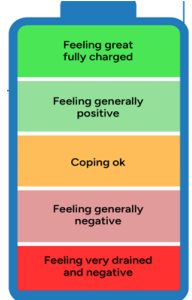
- Social battery:**
Our ability to navigate existing and new relationships.
- Cognitive battery:**
The way we learn and acquire knowledge.
- Sensory battery:**
Our ability to process and filter sensory input.
- Emotional battery:**
Our capacity for handling stress, regulating our own emotions, and absorbing those of others.

Different Types of Body Battery

Everyone is different.

What drains one person's battery may not drain another person's battery.

How are you feeling at the moment?



Freddie Flintoff - English Cricketer

Sport > Cricket

HONEST Freddie Flintoff says he was fat-shamed so badly during early cricket career he developed an eating disorder – ‘The feeling of self-loathing and shame was awful’

By Joe Moore
Published: 14/23, 19 May 2020 | Updated: 15/45, 19 May 2020



Causes Of Bulimia

The exact cause of bulimia is not known. Genes may play a role in the development of bulimia and other eating disorders. Emotional health and family history may play a role. Also, pressures from society to be thin may play a role.

Hurtful comments that triggered Freddie Flintoff's secret bulimia when he was just 20

Freddie Flintoff is one of England's greatest ever cricketers and a successful TV presenter but his BBC documentary *Living With Bulimia* reveals his secret eating

'It's a topic that's rarely discussed': Freddie Flintoff is 'set to confront his bulimia and male eating disorders in taboo-breaking new documentary'

Lewis Capaldi

DOAC

The Guardian
News Opinion Sport Culture Lifestyle
Film Music TV & Radio Books Art & Design Stage Games

Lewis Capaldi
Lewis Capaldi cancels all tour dates to 'adjust to impact' of Tourette syndrome

it was horrible!



What is Tourette's?

Tourette syndrome is a neurological disorder characterized by involuntary movements and sounds called tics. These tics can include motor tics like blinking, head jerking, or shoulder shrugging, and vocal tics like throat clearing, grunting, or repeating words. While there's no cure, treatment can help manage symptoms.



Piers Morgan @piersmorgan
Wow. This was amazing. Kudos to Lewis Capaldi for not quitting

<https://www.youtube.com/watch?v=u3ETc0EHQyY>



Review – Figure out what each person is saying



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