

Black History Month

Staff Bulletin No 2. October 2023

October is **Black History Month** in the UK and a time to celebrate the contributions of black people in shaping the dynamic and diverse country we have today. Below are some ways that you and your school can get involved!



This year's theme is **'Saluting our Sisters'**, celebrating the exceptional achievements of black women through the years. Click the image on the left for school resources and encourage students to enter the [Black History Month poetry competition](#) on the topic!

The **BBC** also has school resources on the subject, including inspirational videos, [here](#).



Fancy a day out? There are numerous events occurring around West London and online for Black History Month. Ealing Council have put together a particularly creative itinerary [here](#).

[Eventbrite](#) lists dozens of events including quizzes, webinars, film screenings, and workshops.

Create a Safe Space. [49% of Black people](#) think that racism in schools is the biggest barrier to attaining success in education. **Teach First** lays out these barriers [here](#), a [manifesto](#) addressing the barriers, and a [video](#) alongside Cophall School, who have rigorously embedded diversity and inclusion into their curriculum and practice.

The **Anna Freud Centre** has lots of relevant resources, including an [Anti-Racism and Mental Health in Schools e-learning course](#) and a ['How to be a Better Ally to Black Students' video](#).

Our very first evening webinar will also be on the topic of intersectionality of race and mental health, delivered by our Systemic Therapist Emonie Carter-Hale. See below for info and registration!

Join us at our monthly evening webinars!

We support parents, carers and school staff to feel confident when supporting children and young people with their **mental health and emotional wellbeing**.

The last Wednesday of every month

(starting 25th October 2023)

7pm – 8pm

Zoom: Use the QR code or [Click here](#) to register.



Topics will include...

Managing Difficult Emotions	Impact of Prejudice
Healthy Relationships & Communication	Self-harm
Managing Stress & Anxiety	Using Social Media

Let us know your thoughts on mental health in schools.

Use [this link](#) or the QR code to fill in our short survey. Results will shape our training and support offer for the academic year.

