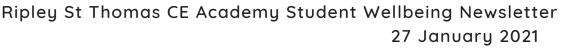


# STUDENT WELLBEING





#### WELCOME!

Welcome to the new, fortnightly, Ripley Student Wellbeing Matters newsletter where we will be sharing lots of positive ideas and information to help support everyone's mental wellbeing and health, particularly during these challenging and difficult times.

If you would like to respond to any of the articles, share any ideas or get in touch, you can email us at:

wellbeingmatters@ripley.lancs.sch.uk



#### WHY OUR WELLBEING MATTERS

Mental wellbeing is about feeling good and functioning well and is important to all of us. It is important for our physical health too, and it can help us to achieve the goals we set for ourselves.

Having good mental wellbeing does not mean that you will never experience feelings or situations that you find difficult, but it does mean that you feel you have the resilience to cope when times are tougher than usual.



### IN THIS EDITION....

...there are ideas to help improve your wellbeing during lockdown, including the '5 Ways to Wellbeing', advice on How to Maintain Social Relationships During Lockdown along with information about how you can 'Express Yourself', the theme for Children's Mental Health Week (1-7 February 2021).

This edition also includes practical tips on how you can look after and boost your own mental health as well as ways to help support others during this period of lockdown.

Finally, there is a verse, central to our school ethos from Michael, our school Chaplain, a reminder of how to contact The Ripley Wellbeing Team and an Action for Happiness, Coping Calendar with lots of inspiring ideas for daily actions to help you look after yourself and others.

### THE 5 WAYS TO WELLBEING



The Five Ways to Wellbeing are a set of actions which promote people's wellbeing. These activities are simple things we can all do in our everyday lives.

Below are some of the things that you can be doing to increase your own wellbeing during lockdown, so give them a try over the next two weeks!

The 5 Ways	How can I use them during lockdown?		
I. Connect	Who have you talked to today? People at home? Online with friends? There are loads of way we can stay connected with people, we just have to get inventive! Write a postcard to a friend, or send a letter to a relative!		
2. Be active	What activities have you done during lockdown to be active? Remember - this doesn't mean running a marathon every day! Helping out with some chores, going for a walk, or even doing some gardening counts!		
3. Keep learning	In school, you are always learning - but how have you adapted this at home? Have you learnt new skills such as cooking, a new language, or even something about yourself you didn't know you could do before?		
4. Take notice	You may also think of Take Notice as mindful- ness, which is about being aware of what is happening around us, not just the thoughts in our head. Have you noticed something about your surroundings you hadn't before? Nature provides us with lots of things to take notice of - have a go next time you're out!		
5. Give	Giving to others can help build relationships and support networks. It doesn't have to be a large gesture, or something that costs money, small acts of kindness can go a long way. Show appreciation to others for all that they do, or give someone a compliment!		

### HOW TO MAINTAIN SOCIAL RELATIONSHIPS DURING LOCKDOWN



Although keeping in touch with those we care about is a lot easier in the digital age we live in, being physically separated from the ones we care about is by no means easy. And with schools closed, many students may struggle to maintain healthy relationships with their friends and peers.

For young people especially, relationships are such an important part of developing a personal identity and social skills. It's essential students find ways to stay in contact. So, for the students who are struggling with isolation, we're going to take a look at three ways that you can maintain those friendships. Before then, let's consider why these relationships are so important.

#### WHY ARE SOCIAL RELATIONSHIPS IMPORTANT?

Social relationships can help:

- Develop a sense of belonging and self-esteem
- Provide an emotional support system
- Allow people to try new things and establish new hobbies
- Develop social skills such as empathy, active listening, and conflict resolution

### HOW TO MAINTAIN SOCIAL RELATIONSHIPS DURING LOCKDOWN



#### 3 TIPS TO MAINTAIN SOCIAL RELATIONSHIPS DURING SCHOOL CLOSURES

### **1.Write Letters**

Writing a letter is a thoughtful way of showing your friends that you care, as it takes time, consideration and effort. Moreover, for those who are particularly struggling with lockdown, writing down your thoughts helps them label their emotions, process what they're feeling, and cope with them more effectively.

Writing letters to friends can also benefit your writing skills and is great way of making sure you continue to utilise your written communication skills.





### 2.Have a weekly catch-up

Take the time to schedule a virtual get together with friends at least once a week. Not only is it an effective way of making sure you feel connected on a regular basis but it also allows enough time to pass so it doesn't feel like a chore.

However, like with all things, a routine can get boring after a while, so don't be afraid to change things up. For example, have a watch party one week watching your favourite shows or movies together, a games night the next, and a homework catch up session the week after. The possibilities are endless and depend entirely on what your friends and you like to do together.

### HOW TO MAINTAIN SOCIAL RELATIONSHIPS DURING LOCKDOWN



### 3.Start planning for the future

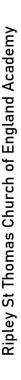
While national lockdowns are not over yet, you could still start planning what you and your friends are going to do once they are over and you can safely meet again. For example, if you or a friend has spent a birthday whilst in lockdown, discuss what you're going to do to celebrate. Looking to the future is a great motivational tool as it can give you something to look forward to.



### **FINAL THOUGHTS**

Maintaining relationships whilst in lockdown is no easy task. Not going to school can make people feel isolated, demotivated, and put the relationships they have with people to the test.

Even when they try their best to stay in touch, it may feel like the friendship group is drifting apart. Hopefully these tips can help maintain and develop social groups and interactions both during and beyond this pandemic



Always remember, if you are feeling unsafe you should contact your pastoral staff or in an emergency, come to The Lodge reception so someone can help.

It is an opportunity to have a short chat that may help keep you on track.

The team are offering virtual drop-ins by appointment. If you would like to chat to anyone on the team, from Learning Support, the Bridge or Pastoral Support, please send them an email and they will arrange a time

**Mrs Bowker Mr Wilson** (0) (0) **Mrs Casson Mr Liver** Mr Greenacre Need to speak to a member of the Team? () () **Mrs Smith** The Wellbeing Leam **Mrs Burr** Mrs Webster **Miss Rice** Mr Greenhalgh **Mrs Taylor** Michael, Chaplain **Mrs Ellison** D **Mrs Blundell-**Roberts (6) **Mr Wiggins** Miss Apsey (6) **Miss Western** Mr Quarry







This year's Children's Mental Health Week is taking place on 1-7 February 2021 and the theme is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

During Children's Mental Health Week, there will be an assembly along with different ways to get involved and look after your mental health.

It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.



### CHILDRENSMENTALHEALTHWEEK.ORG.UK #CHILDRENSMENTALHEALTHWEEK



## **10 THINGS TO DO THAT CAN HELP YOU LOOK AFTER YOUR MENTAL HEALTH** DURING A WINTER LOCKDOWN @BELIEVEPHQ

### **STAYING FIT**



Engaging in regular exercise can help boost mood/confidence and reduce stress, worry and anxiety

### **GETTING CREATIVE**



### SUPPORTING OTHERS

Acts of kindness towards others is a great way for connecting and creating positive emotions

### PLANNING YOUR WEEK

Scheduling fun and engaging activities into your week can give you something to look forward



### **BEING MINDFUL**

Whilst engaging in daily activities try and use all vour senses to stav connected to the present moment and task you are doing

### HAVING A JOURNAL

Having a journal can be a useful tool for writing down thoughts and feelings and understanding any triggers

### **BEING KINDER**



Being kinder to yourself and make sure you take part in activities that help keep you calm and relaxed



22

Talking to others about how you are feeling and what you are thinking can be a useful tool for boosting mood and reducing stress

TALKING TO OTHERS

### BREATHING SLOWLY

Engaging in slow and steady breathing techniques can help calm your mind and body

### BEING MORE CONNECTED

Maintaining healthy relationships with others is important for boosting confidence and reducing anxiety



## HOW STUDENTS CAN SUPPORT Each other's mental health DURING LOCKDOWN



Be there for each other. If a friend needs extra support try and support them to find it



Engage in a relaxation or meditation activity each day which you can all be part of online



If a friend is struggling demonstrate care and compassion



Identify things you have found helpful and share with each other



Schedule a time each week where you can all connect and catch up on what you have done



Identify some self care activities that you can all engage with



Make sure you check in with each other on a regular basis and see how everyone is doing





Work through homework tasks together online. A great way to to maintain relationships and stay in contact



Engage in some group online exercise. This can help boost mood and reduce stress and anxiety



Encourage each other to stay connected and to engage in regular activities that provide a sense of pleasure and achievement. Schedule these activities into a weekly diary and share with each other



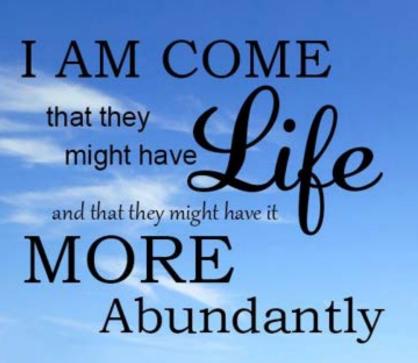


## Living life in all its fullness

Michael, School Chaplain

Jesus and the Christian faith care deeply about us living "life in all its fullness" (or 'abundance' in some translations). This was Jesus speaking in John 10:10 and I believe these words are just as much for you and me today in the middle of lockdown, as they were when Jesus first spoke them.

In a time of uncertainty, one thing I am certain of is that God cares for us and cares all about us. He cares for our wellbeing, our mental health, our friendships, our families and more. Feel free to review worship content from last term (all on Firefly, Worship section) and ongoing as we continue to encourage you to look to God as you consider how you can best live your "life to the full".



**JOHN 10:10** 



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🔥

29 Connect with nature. Breathe and notice life continuing	22 Find positive stories in the news and share these with others	15 Make some progress on a project that matters to you	8 Take five minutes to sit still and breathe. Repeat regularly	1 Make a plan to help you keep calm and stay in contact
30 Remember that all feelings and situations pass in time	23 Have a tech-free day. Stop scrolling and turn off the news	16 Rediscover your favourite music that really lifts your spirits	9 Call a loved one to catch up and really listen to them	2 Enjoy washing your hands. Remember all they do for you!
S "Eve	24 Put your worries into perspective and try to let them go	17 Learn something new or do something creative	10 Get good sleep. No screens before bed or when waking up	3 Write down ten things you feel grateful for in life and why
rything can be ta freedom to choo of circumstances	25 Look for the good in others and notice their strengths	18 Find a fun way to do an extra 15 minutes of physical activity	11 Notice five things that are beautiful in the world around you	4 Stay hydrated, eat healthy food and boost your immune system
ken from us but o se our attitude in ""~~ Viktor Fran	26 Take a small step towards an important goal	19 Do three acts of kindness to help others, however small	12 Immerse yourself in a new book, TV show or podcast	5 Get active. Even if you're stuck indoors, move & stretch
one thing: 1 any given 1 kl	27 Thank three people you're grateful to and tell them why	20 Make time for self-care. Do something kind for yourself	13 Respond positively to everyone you interact with	6 Contact a neighbour or friend and offer to help them
	28 Make a plan to meet up with others again later in the year	21 Send a letter or message to someone you can't be with	14 Play a game that you enjoyed when you were younger	7 Share what you are feeling and be willing to ask for help
	30 Remember that all feelings and situations pass in time '' Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances '' ~ Viktor Frankl	23 Have a tech-free day. Stop scrolling and turn off the news24 Put your worries into perspective and try to let them go25 Look for the good in others and notice their strengths26 Take a small step towards an important goal27 Thank three people you're grateful to and tell them why30 Remember that all feelings and situations pass in time30 Remember worle them go26 Take a small step towards an important goal27 Thank three people you're grateful to and tell them why30 Remember that all feelings and situations pass in time30 Remember worle them go26 Take a strengths27 Thank three people you're towards and tell them why30 Remember that all feelings and situations pass in time30 Remember worle them go26 Take a strengths27 Thank three people you're towards and tell them why30 Remember that all feelings and situations pass in time30 Kerrything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ** ~ Viktor Frankl20 Kerrything can be taken from us but one thing: worle them why	16 Rediscover your favourite music that really ifts your spirits17 Lean something new or do something or do something or do something or do something or do something ifts your spirits18 Find a fun way to do an extra usy to do an extra un of the news19 Do three acts of kindness to help others, to help others, the freedom to choose our attitude in any given set of circumstances ** ~ Viktor Frank!20 Make time to help others, to help others, to help others, the freedom to choose our attitude in any given20 Make time to help others, to help others, to help others, the freedom to choose our attitude in any given20 Make time to help others, to help others, to help others, to help others, to help others, <	<ul> <li>9 Call a loved one to catch up and really listen to them</li> <li>10 Get good sheep. No screens before bed or when waking up</li> <li>16 Rediscover your favourite music that really lifts your spirits</li> <li>17 Learn something new or do something redo something tech-free day.</li> <li>23 Have a tech-free day.</li> <li>24 Put your stop scrolling and turn of the news and situations pass in time</li> <li>30 Remember ty to let them go</li> <li>44 Contenting something and turn of the news</li> <li>45 Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances<sup>1</sup>, "Viktor Frankl</li> <li>11 Notice five things that all tech-free day.</li> <li>16 Rediscover your spirits</li> <li>17 Learn something new or do something try to let them go</li> <li>18 Find a fun worles into perspective and try to let them go</li> <li>19 Do three avortes into perspective and try to let them go</li> <li>19 Do three and notice their try to let them go</li> <li>10 Stop scrolling and try to let them go</li> <li>11 Notice five and situations</li> <li>12 Immese beautiful in the set of circumstances<sup>1</sup>, "Viktor Frankl</li> </ul>

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

www.actionforhappiness.org

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