



STUDENT WELLBEING MATTERS



Ripley St Thomas CE Academy Student Wellbeing Newsletter
27 January 2021



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?
 <p>1. Connect</p>	Who have you talked to today? People at home? Online with friends? There are loads of ways 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!
 <p>2. Be active</p>	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!
 <p>3. Keep learning</p>	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?
 <p>4. Take notice</p>	You may also think of Take Notice as mindfulness, 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!
 <p>5. Give</p>	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





Wellbeing and Support Drop In



Need to speak to a member of the Team?



Mr Quarry



Miss Apsey



Mrs Blundell-
Roberts

hi



Michael, Chaplain



Mrs Taylor



Miss Rice



Mrs Burr



Mrs Webster



Mr Greenhalgh



Mrs Ellison



Mr Wiggins



Miss Western



Mrs Smith



Mr Greenacre



Mr Liver



Mrs Casson



Mrs Bowker



Mr Wilson

The Wellbeing Team

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.

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

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.



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



STAYING FIT

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

GETTING CREATIVE

Be creative and learn something new. Challenge yourself with a new activity

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 your senses to stay 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

TALKING TO OTHERS

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

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



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



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



Identify some self care activities that you can all engage with



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



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



@BELIEVEPHQ



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".

I AM COME
that they
might have *Life*
and that they might have it
MORE
Abundantly

JOHN 10:10





COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



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

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 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



ACTION FOR HAPPINESS



www.actionforhappiness.org