



STUDENT WELLBEING MATTERS



Ripley St Thomas CE Academy Student Wellbeing Newsletter

10 February 2021

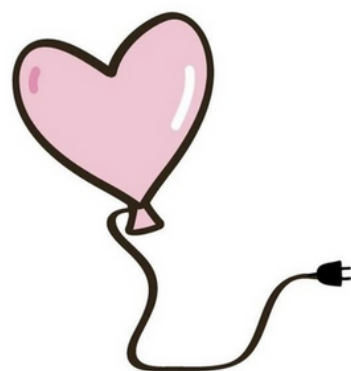


TAKE TIME TO REST AND RECHARGE

Welcome to the second edition of the Ripley Student Wellbeing Matters newsletter with lots more positive ideas and information to help support everyone's mental wellbeing and health.

As we reach the end of a long and challenging half term, it will be important to try and switch off, enjoy the well earned rest and take the time to recharge your batteries.

We hope that you all have a safe and restful half term break and if you need to contact us please email: wellbeingmatters@ripley.lancs.sch.uk



Take time today to
rest and recharge ♡

IN THIS EDITION.....

..there is some interesting and useful information on the importance of sleep and a practical list of 30 fun things to do during lockdown.

The newsletter also features a creative, thoughtful and reflective poem on Children's Mental Health from the Transport for London masked duo at All On The Board.

There is a reminder about the Wellbeing and Support drop-in sessions and the Action for Happiness Calendar for February with lots of inspiring daily actions to help you look after yourself and others.



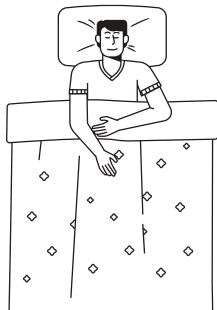
take care
of your mind

MENTAL HEALTH MATTERS

Following on from Children's Mental Health week (1-7 February), this edition of the newsletter takes a further look at 'mental health', and the myths and misconceptions surrounding it. These give us a better understanding of what mental health is in order to help recognise our own needs and improve our own wellbeing.

We've included some practical ideas on how to 'Make Your Mental Health a Priority' along with a number of useful links that take you directly to relevant websites and apps designed to further support aspects of mental health and wellbeing.





The importance of sleep

NHS

All about sleep



When it's dark our bodies produce a hormone called **melatonin** which tells our bodies it's time to sleep.



A good night's sleep has a positive impact on the **brain** and body, improving performance and productivity.



11-16 year-olds are recommended to get **8 to 10 hours sleep a night**.



It is recommended to not use any **screen technology** one hour before bedtime.



Physical activity during the day improves your sleep.



Sleep affects your **physical appearance** as well as your mood, **mental health** and your memory.

Sleep helps the brain function

NHS

Concentration and mood

Activity in the brain during sleep improves concentration and mood.

Memory

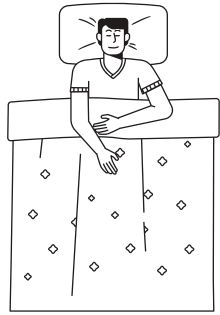
Overnight, information moves from our short-term to our long-term memory.

Productivity and performance

Decision making and cognitive performance (our ability to think) are improved by sleep.



The importance of sleep



NHS

Sleep helps the body function



Immune system

Special proteins are released, which support the immune system.

Regulates hormones

The hormone levels in the body are balanced out.

Repair and growth

The body works to grow and repair muscles, organs and other cells.

Better Health every mind matters

Advice

NHS

What advice would you give to two of the following students?

I've just moved to a new home. There are lots of noises at night and often I find it hard to get to sleep or wake up during the night.

Someone I really care about won't talk to me. I wake up in the night thinking about it and can't get back to sleep.

I share a room with my younger sibling who can be very messy! And sometimes the light from her screen tablet keeps me up.

I find it really hard to get up in the mornings and I'm really tired in the day so I've stopped doing sports and going out so much.

I'm in loads of WhatsApp groups - my phone never stops buzzing and I keep staying up late even after I've finished messaging.

Better Health every mind matters



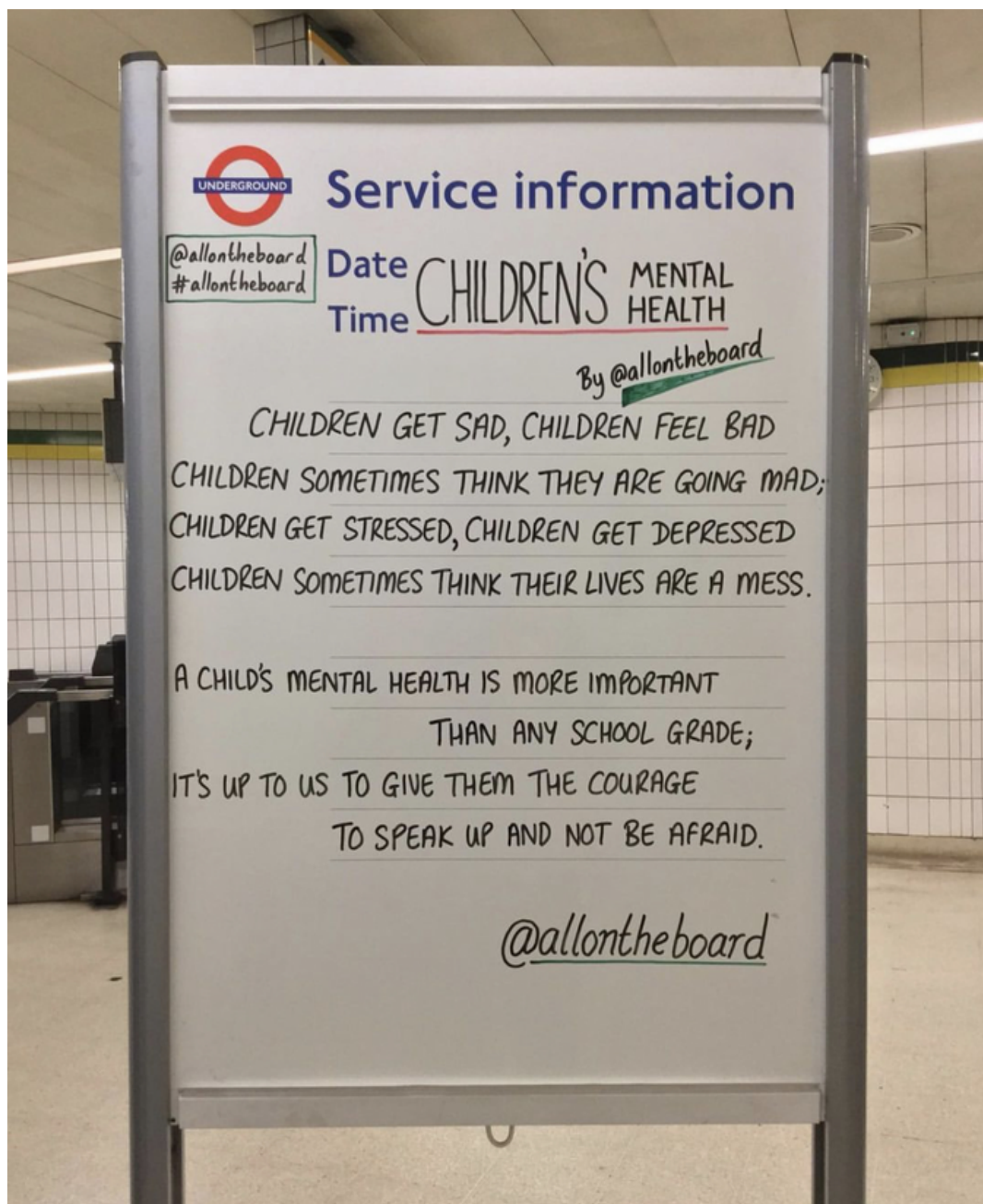
All On The Board



Transport for London employees and dynamic masked duo All On The Board have made it their mission to bring smiles to the faces of London commuters through writing creative messages, quotes and poems on the underground's service information boards.

Through their magical words they've marked momentous occasions; celebrated countless artists, legends and heroes; raised awareness of mental health and hidden illnesses and sprinkled thousands of our daily journeys with positivity, humour and love.

Their kind messages remind us all that we're in it together and now, with their beautiful, colourful collection of quotes, stories and drawings, you can add joy to your day wherever you are and however you're feeling.





The myths and misconceptions of mental health



There are many different myths and misconceptions about mental health and they often contribute to the stigma that many people still face. It is important that these myths and misconceptions are challenged in order to help us understand more about mental health and how it can help improve our overall wellbeing.

Mental health is the same as physical health

We are all born with mental wellbeing as well as physical wellbeing. It is always inside of us supporting us. Our innate learning grows as our bodies do and our mental wellbeing adapts to support us in our moment-to-moment experiences. Just as our body has an amazing ability to regenerate, adapt and heal through many different traumas and illnesses, so does our mental health. Our brain is able to create new connections, draw on past experiences and work with our innate systems that are always supporting us.



Mental health is something we are all born with

When we are born, we do not have to wait until we are a certain age before our mental health starts to support us. In fact when we are born, we actually have a closer connection to our mental health and wellbeing than we have when we get older and have lots of layers of beliefs and thinking. If you watch children, you will see at times they may be incredibly sad or upset one minute and then the next they are laughing and giggling. Their innate wellbeing will always come in to pick them up and you will find, even without you intervening, they are back living life in full.

Everyone has mental health

No matter who you are, no matter where or how you live, no matter your race, religion, age, sex, beliefs, actions. YOU have mental health. We all have mental health inside of us, doing its best, to support us. Mental health and wellbeing are always at our core. It is always looking out for and after us. We simply could not, not have mental health.



The myths and misconceptions of mental health



Mental health is not mental illness

Our mental health is our innate support system. It is not mental illness that can be caused by trauma, chemical imbalances, neurological issues etc. Many young people when asked what mental health is will reply with negative labels. They will say it is when you are mad, when you are depressed, when you do not think right, and we understand why this misunderstanding is so common. Mental health is quite often only talked about when there are perceived problems. Poor mental health was a phrase that was rinsed and repeated and of course our young took this as what mental health is.

Our Mental health is an unbreakable part of every human

Our mental health is innate, it is the invisible power that allows us to live and thrive in our life. It is so amazing because it is invincible, unbreakable, it never diminishes or loses its strength. We are always able to connect back to our innate mental health and wellbeing. It is who you are, it is the core of you that helps you thrive in any aspect of your life no matter your external conditions.



Mental health is not something we pick up and put down

Our mental health does not fluctuate. It is not something you can forget you have, and it then not work; it is always working. Just like your heart pumps blood around your body to enable you to be at your best, your mental health supports you to get through every single day (even when it doesn't feel like it is, but we will come to this!) It is not something you need to practise, not something you need to build up or something you can lose. It is not something that we only have sometimes, or have lots of at others, it is a constant.

We can have mental health and mental illness at the same time

We can have a mental illness that requires extra help and still have our mental health at the same time. Just as when we have a headache or a broken bone, we still have physical health, our mental health is the same. We can have mental illness, some that needs medication or other treatments, but that does not diminish our mental health that is still helping and supporting us in many other ways. It means that our mental health is never broken.



The myths and misconceptions of mental health



We all have the same amount of mental health

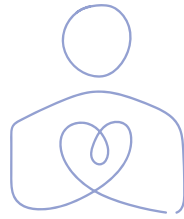
While at times it can look as though another person has more mental health or wellbeing than another this is simply not the truth. It can never be. Bob down the road was not born with more mental health than Betty, just as neither was one born with more blood than the other. We all connect with our own well-being at different times and in different ways and just as Bob can look as though he is invincible one day, he will not feel it another. We all work the same way. We all have the same innate systems supporting us throughout our life.

Mental health is our innate support system that ensures we thrive through life's adversities

We all go through tough times in our life. Nobody gets through it on a bed of roses and no matter what our tough times are, we can count on our innate system to help us through: to help us get through each day, to help us come up with new ideas to support us, to calm us down when we feel overwhelmed and emotional, to support us in our next steps.



Make Your Mental Health a Priority



NEED SOME HELP? HAVE A LOOK...

PLACE2BE HAS A HOST OF MENTAL HEALTH RESOURCES AVAILABLE. THEY ORGANISE CHILDREN'S MENTAL HEALTH WEEK EVERY YEAR.

CLICK ON THE COLOURED TEXT FOR LINKS!

SAFESPOT IS AN IPHONE AND ANDROID APP THAT PROMOTES POSITIVE MENTAL WELLBEING IN CHILDREN AND YOUNG PEOPLE AND HAS BEEN DESIGNED TO HELP CHILDREN AND YOUNG PEOPLE WITH THEIR COPING SKILLS.



YOUNG MINDS: A LETTER ABOUT HOW I'M FEELING: WORKSHEET TO HELP PUPILS EXPRESS THEIR FEELINGS AND UNDERSTAND WHAT MAY HAVE TRIGGERED THEM. FOR USE WITH PUPILS IN SCHOOL OR AT HOME.



NHS: MENTAL HEALTH HELPLINES FOR URGENT HELP - NHS 24-HOUR ADVICE AND SUPPORT FOR YOU, YOUR CHILD, YOUR PARENT OR SOMEONE YOU CARE FOR. HELP IS AVAILABLE TO SPEAK TO A MENTAL HEALTH PROFESSIONAL.



CRUSE BEREAVEMENT CARE: CORONAVIRUS, BEREAVEMENT AND GRIEF ONLINE INFORMATION, ADVICE AND SUPPORT. HELPLINE: 0808 808 1677



PUBLIC HEALTH ENGLAND EVERY MIND MATTERS: LOOKING AFTER YOUR MENTAL HEALTH RESOURCES AIMS TO SUPPORT EVERYONE TO FEEL MORE CONFIDENT IN TAKING ACTION TO LOOK AFTER THEIR MENTAL HEALTH AND WELLBEING BY PROMOTING A RANGE OF SELF-CARE ACTIONS.



PUBLIC HEALTH ENGLAND: EVERY MIND MATTERS SELF-CARE TOOL WHEN YOU COMPLETE THE 5 'SURVEY' QUESTIONS, A 'MIND PLAN' IS GENERATED, WITH SIGNPOSTING OPTIONS TO MANY USEFUL RESOURCES.



ANNA FREUD: SELF-CARE STRATEGIES FOR YOUNG PEOPLE FEELING LOW OR ANXIOUS



YOU CAN
DO IT!

30 fun things to do in lockdown

Looking for new things to do in lockdown? Why not try some of these fun, practical ideas to do over half term? In no particular order....

1. Jigsaw puzzles
2. Stream events and concerts
3. Take virtual tours of top attractions
4. Instagram baking classes - free online tutorials
5. Watch zoo webcams
6. Listen to Podcasts
7. Take a virtual Harry Potter tour
8. Complete a virtual fitness challenge
9. Unplug from technology
10. Learn a new language
11. Learn a new skill
12. Take an online course
13. Take up photography
14. Painting / Colouring
15. Keeping a journal
16. Have a Karaoke night
17. Take up yoga or Pilates
18. Have a family (selfie) photoshoot
19. Take an unplanned nap
20. Go for a walk / bike ride / hike
21. Learn how to cook
22. Do something for charity
23. Take part in an online fitness class
24. Take part in an online quiz
25. Make a time capsule
26. Start a family tree
27. Start a couch to 5k running programme
28. Binge watch a boxset or watch your favourite film
29. Do a litter pick in your community
30. Read a new book





Wellbeing and Support Drop In



Need to speak to a member of the Team?

The Wellbeing Team



Mrs Blundell-
Roberts



Mr Quarry



Miss Apsey



Michael, Chaplain



Mrs Taylor



Miss Rice



Mrs Burr



Mrs Smith



Mr Liver



Mrs Bowker



Miss Western



Mr Wiggins



Mrs Ellison



Mr Greenhalgh



Mrs Webster



Mr Greenacre



Mrs Casson



Mr Wilson

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.



ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together