



STUDENT WELLBEING MATTERS



Ripley St Thomas CE Academy Student Wellbeing Newsletter
10 March 2021

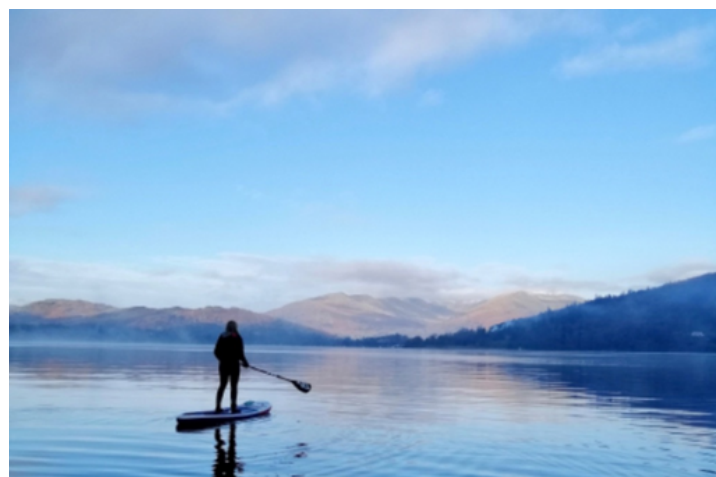


Welcome to our fourth edition of the Ripley Student Wellbeing Matters newsletter with even more positive ideas and information to help support everyone's mental health and wellbeing.

The time has come to return to school, which many of us are excitedly looking forward to following another extended period of lockdown. It will be a chance to reconnect with your friends and teachers along with an opportunity to look forward with optimism and hope for the remainder of the school year. It will be great to see you all! Remember, if you need to contact us please email: wellbeingmatters@ripley.lancs.sch.uk

Can you guess the teacher on the Stand Up Paddleboard on the right?

THE RETURN ON THE ROADMAP



IN THIS EDITION....

..there is some timely advice from Kooth about **returning to school after lockdown** and how we can manage the transition back into our school environment. Additionally, there is a list of **useful websites and resources** from agencies and organisations supporting mental health and wellbeing which you can contact for further information and advice.

There is also a fantastic opportunity to work with Lancashire Mind **Wellbeing Coaches** who teach you how to make choices to improve your mental wellbeing.

In this week's newsletter, there is a sneak preview of our **This Girl Can** campaign, featuring many of your female teachers who, through their own physical activity, aim to inspire many of you to participate in physical activity. Can you guess who they all are?

AND THERE'S MORE....

At Ripley, you'll be familiar with the saying 'Every day is a Geography Day' and we have a brilliant feature celebrating '**Earth Hour**' (Saturday 27 March, 8:30pm) with many practical tips on how you can get involved before, during and after it.

Make sure that you check out the practical activities for the **Gratitude Jar** and **How to be kind to yourself**, both of which have become increasingly popular amongst young people and adults alike.

Finally, there are our regular features including a reminder of who you can contact at school for a **Drop-In or Support Session** and a **Mindful March Action calendar** with daily inspiration and ideas to keep you active during March. Why not give them a go and try some of the suggestions?

RETURNING TO SCHOOL AFTER LOCKDOWN

kooth



Returning to School **After Lockdown:**

Kooth's Tips and Advice
for students



Here are a few tips to help you prepare emotionally for going back into the classroom again

IT'S GOOD TO TALK!



The pandemic has affected us all in different ways and it's important to remember that if you're feeling anxious or worried, opening up about how you are feeling and what you have experienced (good or bad!) can be a really helpful step in acknowledging that things are different and also finding new ways of managing.

“Whether it's with friends, family or trusted teachers, allowing yourself to share your thoughts with others rather than bottling things up will help you to make sense of things,” says Dr. Lynne Green, Chief Clinical Officer, Kooth

TREAT YOURSELF LIKE YOU WOULD A FRIEND

If a friend was going through a difficult time and needed support, think how you would treat them and then extend the same courtesy to yourself.

“Sometimes it’s much easier to cut other people slack than ourselves, says Dr Green. “Remember, it is ok to not feel ok; you are human and you deserve some TLC.”



ONE SIZE DOESN'T FIT ALL!

It’s important to remember that there’s no right or wrong way of doing things. What is helpful for your peer groups will not necessarily work for you so take some time to consider your own situation and coping style.

“Try not to put pressure on yourself to conform to something that doesn’t make any sense for you”, says Dr. Green. “Also have patience for others who may want to approach things differently - you are all unique.”



SELF-CONTROL CAN BE OVERRATED!

With so many things out of our control right now, it’s extremely important to feel that we do have some degree of control over our lives. However, sometimes, your sense of control can actually be worse if you tighten the reins too much, explains Dr. Green.

“Control what you can and let go of what you can’t; we are all learning to adjust to a new ‘normal’ and accepting some level of uncertainty can be liberating.”



A POSITIVE MINDSET CAN MOVE MOUNTAINS!

Keeping a positive mindset in the midst of a pandemic is easier said than done, but thinking positively can help us be better equipped to handle difficult problems.

“Holding on to the belief that you can cope and things will be ok will not only help you to feel better, it will also encourage more positive behaviours,” explains Dr Green. “This will increase your confidence and self esteem and ultimately result in improved mental health and sense of wellbeing”.



NEGATIVES CAN BECOME POSITIVES!

It would be an understatement to say that 2020 has been incredibly challenging. But even when things are feeling hopeless, we can often find strength and new directions if we think creatively. Perhaps you've spent more time with your family, reconnected with a friend or baked the best banana bread in the Western hemisphere.

"Many young people will have found new career options, new friendships and new hobbies as a result of COVID-19 - if you look for positives, you will find them", says Dr. Green.



PERSPECTIVE IS KEY

During these uncertain times, maintaining a sense of perspective can be invaluable. "The more we are surrounded by chaos and fear, the easier it is to lose perspective and see everything through a negative lens", explains Dr. Green.

"Focusing on the things that are going well and the things that you can control will help you maintain that all important perspective that will promote a sense of balance in terms of your wellbeing."



HOLD ON TO YOUR HEALTHY HABITS

"Covid-19 has likely challenged and changed ways in which you eat, exercise and socialise - restaurants were closed, clubs, gyms and sporting activities were paused and social gatherings were severely limited. Now is the time to start picking these back up as appropriate in line with new guidance", says Dr Green.





"Whether it's going for walks with friends or re-joining sports clubs, these sorts of activities help us to maintain a good work/life balance which will in turn enhance your mental wellbeing."







USEFUL WEBSITES AND RESOURCES
















GENERAL GOVERNMENT GUIDANCE AND UPDATES

-  [Guidance on the mental health and wellbeing aspects of coronavirus \(COVID-19\).](#) 
-  [Supporting children and young people's mental health and wellbeing.](#) 

NHS GUIDANCE

-  [Children and Young People's Services](#) 
-  [Every Mind Matters: Looking after your mental health](#) 

OTHER MENTAL HEALTH RESOURCES

-  [Coronavirus and your wellbeing.](#)
-  [Information and support for young people aged 11-18](#) 
-  [Coronavirus and mental health tips](#) 
-  [Health and other forms of anxiety and coronavirus](#) 
-  [Healthy Young Minds Website: Information for young people](#) 
-  [Looking after your mental health during Covid-19](#) 
-  [Supporting a friend with their mental health](#) 



Wellbeing Coaching

Children & Young People

Please contact hannahgorman@lancashiremind.org.uk
for more information

If you are aged 10-18 our **Wellbeing Coaches** can work with you, teaching you to make different choices to improve your mental wellbeing.

Life should be more than just getting by, every child and young person should have the opportunity to live a healthy, happy lifestyle. Our Wellbeing Coach can help you feel happier and healthier by identifying lifestyle goals and the barriers that are preventing them from being reached.

If you or someone you know is struggling, get in contact with us to see how we can help.

connect

be active

take
notice

keep
learning

give



Monday 8th March was International Women's Day and at Ripley we celebrated the many female staff who inspire us in the classroom and through their own sport and physical activity.

**THIS
GIRL
CAN**

Look out around school for our This Girl Can posters of staff who inspire us through their participation and competition in sport and physical activity. Can you name them all?





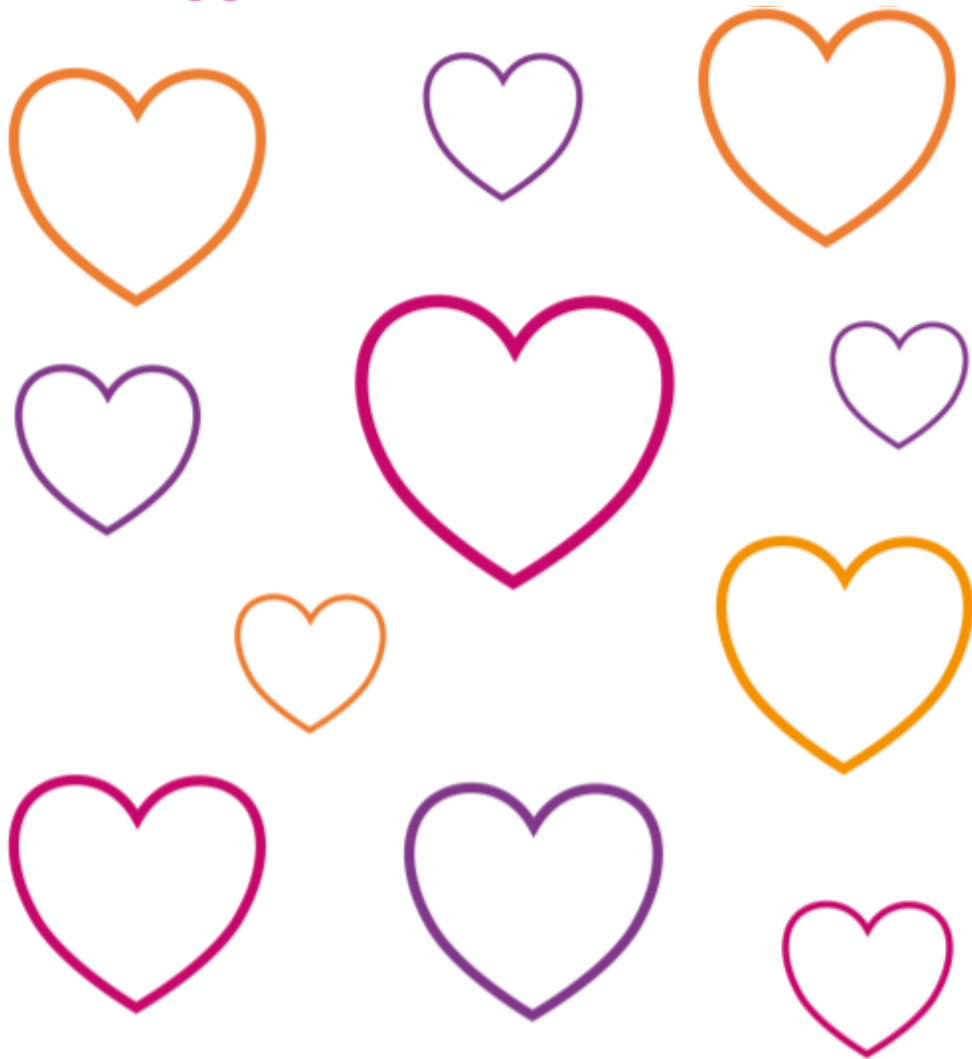
Gratitude jar

What is gratitude? Good question! Gratitude is one of our positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things that we often take for granted. Use this jar to find the positives about home learning and what you have enjoyed about it so far. All you need is an empty jar or little box, decorate it if you wish and then add pieces of paper with positive thoughts that surround home learning or activities that you could try. Then once you feel your jar is full you can pick a note out each day and remind yourself what truly makes you happy and calm when things feel like a challenge.



How to be kind to yourself.

Boost your confidence try filling out the love hearts with things that you have achieved in your time at home over the last few weeks. Think about why these are positive and how that then leads to loving yourself.



EARTH HOUR 2021

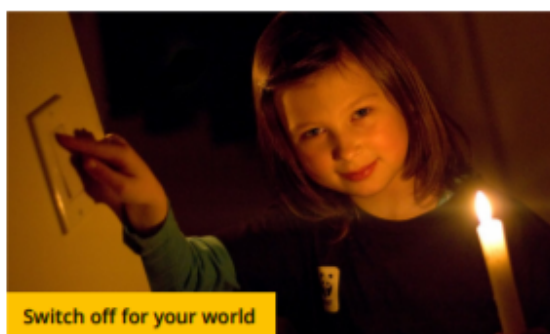
SWITCH **OFF** ☐ ON FOR YOUR WORLD

Saturday 27th March at 8.30pm

On Saturday 27th March 2021 at 8.30pm, millions of people across the world will take part in Earth Hour by switching off their lights for an hour.

Earth Hour unites people across the world who are passionate about our planet. It also demonstrates to global leaders that we want urgent action to protect it.

When one person chooses to act it may seem like a small step, but when millions act together change can really happen. When nature thrives, so do we. Join us for Earth Hour 2021 and together we can restore our planet for future generations.



Switch off for your world

[Click here](#) for take you to the WWF Earth Hour website

60+



CELEBRATE EARTH HOUR 2021



During the pandemic we've all experienced screen fatigue, so this Earth Hour we want you to move away from the screen and focus on connecting with nature on your doorstep.

Nature is a perfect tonic for your wellbeing and mental health. Everyone can connect to nature in some form, whether you live in an inner city or the countryside, nature surrounds you. We have suggested some activities below, but why not come up with your own ideas to connect with nature and celebrate our beautiful planet?



BEFORE EARTH HOUR:



Spend an hour connecting with nature.



1. DRAW LOCAL NATURE

Have a go at drawing some of your local nature. This could be the view in your local green space, your garden or any natural object like your favourite tree, leaf, flower, bird or stone. Please remember to avoid picking flowers or breaking branches, nature is here for everyone.



2. TUNE INTO YOUR SENSES

Take some time in nature with your senses. Note down five things you can see, four things you can hear, three things you can smell and two things you can touch.



3. USE OUR SPOTTER

Use our nature spotter on page 7 to discover wildlife in your local area.



4. MAKE AN APPLE FEEDER

Help your local birds to stay healthy by making an **apple feeder**.



5. BUILD A BIRD HOUSE

Put up a **bird house**, hang it in a safe place then see who moves in.



6. GROW YOUR OWN

Plant seeds or vegetable root ends using recycled materials – egg cartons, yoghurt pots and paper cups work well. Just fill your pots with soil, pop in your seeds or roots, water and place near a window for sunlight.



7. GO EXPLORING

What trees are nearby? What type of flowers can you find? Can you identify any different bird songs? You can use apps to help you such as **Smart Bird ID** and the **Seek App**.



8. ENJOY NATURE'S COLOURS

Use our nature colour wheel on page 8.



9. MAKE A BUTTERFLY FEEDER

Support your local environment and create a **butterfly feeder** for garden visitors.



10. BUILD A BUG HOTEL

Help to look after bugs, bees and spiders by building them their very own giant **bug hotel**.





DURING EARTH HOUR:

Switch off for your world.

The first step is easy! Join us in switching off your lights on 27th March at 8.30pm!



1. SWITCH OFF

Switch off – at 8.30pm switch off all of your lights and as many electronic devices as you can (television, laptops, phone chargers, etc).



2. TUNE IN

Try some mindful breathing. Start off by breathing in and out slowly, breathe in through your nose for the count of three and out through your mouth for the count of three. Feel how your chest rises and falls with every breath.



3. PLAY GAMES

Play a board game by candlelight (make sure an adult supervises when using candles).



4. PAMPER

Take care of yourself and have a pamper session (before Earth Hour you can check how sustainable your products are by using the **Giki app**).



5. USE YOUR SENSES

Use Earth Hour to explore nocturnal nature. This could be on a walk or simply by opening a window. Can you hear any foxes or other nocturnal wildlife? Can you see the moon or stars? Make sure to only go out if it is safe to do so and only with an adult.



6. TELL STORIES

Sit in a circle with some candles and make up some imaginative stories about wildlife and protecting the Earth (make sure an adult supervises when using candles).



7. CREATE SHADOWS

Using a torch or candlelight create a shadow puppet display. What animals can you create?



8. MAKE A PLEDGE

Discuss and agree on how you can make sustainable choices to help save our planet's wildlife.



AFTER EARTH HOUR:

Understanding the environmental challenges.

SCHOOLS

Our free educational resources enable teachers and pupils to develop their understanding of the environmental challenges facing our planet.



Our Planet

New educational resources for primary and secondary schools in the UK, to support Netflix's *Our Planet* series.



Future Visions

Take part in the Future Visions Challenge and share your vision of a future where nature is restored.



Live Lessons and Events

Upcoming live learning events for teachers and pupils and a range of engaging resources to support world environment days.



Learn to Love Nature

Themed content to encourage young people to connect with nature and learn more about our amazing planet.



Teacher Development

We support the professional development of teachers and leaders who want to put ESD at the heart of their school and inspire a new generation of sustainability champions.

YOUTH GROUPS

We work with youth groups and leaders to help young people develop their skills to do something about the environmental challenges facing our planet.



A Million Hands

We're proud to be a part of the Scouts' A Million Hands programme, providing ready-made activities and ideas to support young people who want to take action to protect our planet.



Green Ambassadors 4 Youth

This WWF scheme offers practical activities that will enable your group to explore the links between wildlife, the environment and our lifestyles.



Our Planet

New Our Planet educational resources for young people in the UK to support Netflix's *Our Planet* series.

OTHER



Thriving With Nature

We've joined forces with the Mental Health Foundation to bring you *Thriving with Nature* – a free guide exploring the relationships between nature, wellbeing and mental health.



Footprint app

Your answer to the question 'how can I help the environment?'



Call of the Wild

Our new podcast series with WWF ambassador, Cel Spellman. In each episode, Cel meets a special guest to dig deeper into the threats we're facing.

GET YOUR FREE CERTIFICATE



Tell us what you're doing for Earth Hour to download your free certificate:

- **School certificate**
- **Youth Group certificate**

Click on a bullet point to claim your certificate.

Click each of the **headings** to link to the resources.



ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn			

ACTION FOR HAPPINESS



www.actionforhappiness.org





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.