

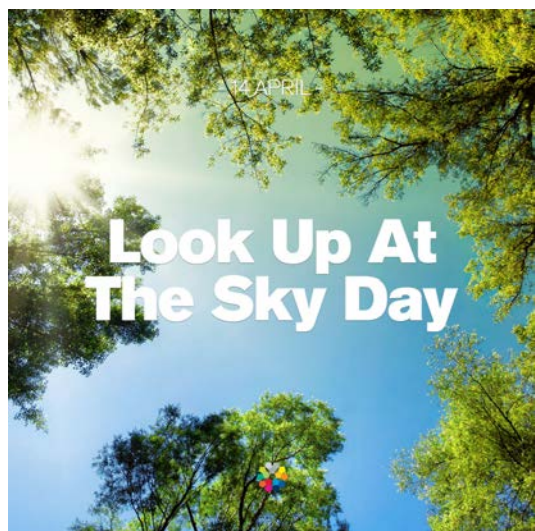


STUDENT WELLBEING MATTERS



Ripley St Thomas CE Academy Student Wellbeing Newsletter

14 April 2021



LOOK UP AT THE SKY

Welcome to our latest edition of the Ripley Student Wellbeing Matters newsletter. It is fitting that this edition falls on April 14th, a date that coincides with national 'Look Up In The Sky' Day, which encourages us to admire the beauty above us. As we are currently blessed with good weather, it is an ideal opportunity to fill our eyes with the beauty in the skies.

There are many things that you can see as you sit back, relax and look up. The sky's beautiful blue colour, the clouds, and their many shapes. Today, you'll see the sun and many different birds flying around to capture our attention. At night, the sky's many stars, the moon, and even the clouds drifting across the sky, all give us a perfect opportunity to practise mindfulness whilst taking a moment to appreciate the beauty of our surroundings.

If you need to contact us please email:
wellbeingmatters@ripley.lancs.sch.uk

IN THIS EDITION....

With a full summer ahead of us and the easing of the lockdown restrictions, there's plenty to look forward to, starting with a **Bucket List** full of fantastic ideas for you to tick off by yourself, with family and/or friends.

For many of us, our pets have been an emotional source of companionship, comfort and happiness, particularly during the past year. In this edition, you'll want to check out the amazing feature '**Purrfect Pets**' featuring an insight into the lives of many of your teachers and their brilliant pets. Some may surprise you!

Another main feature of the newsletter is about '**Mistakes**' and how we can benefit and learn from making mistakes.



AND THERE'S MORE....

Whilst you're there, take a look at the poster '**50 Ways to Build Self Esteem**' which includes some simple but effective practical strategies to help improve your self esteem. This ties in nicely with an excellent infographic titled '**Social Media Self Care**', designed to help support your mental health and cope at times when social media may become a bit overwhelming.

Finally, there are our regular features including how to **Look After Your Mental Health** containing lots of useful information, advice, websites, apps and contact details of relevant agencies and an **Action April** calendar with daily inspiration and ideas to keep you active during April. Why not give them a go and try some of the suggestions?





With a full summer ahead of us and the easing of the lockdown restrictions, there's plenty to look forward to. Why not take a look at this **Summer Bucket List** full of fantastic ideas for you to tick off by yourself, with family and/or friends.

SUMMER BUCKET LIST

-
- | | | |
|---|------------------------------------|----------------------------------|
| Go on a bike ride | Go on a staycation | Go camping |
| Make popsicles | Collect seashells | Get books to read at the library |
| Build a fort | Go ice blocking | Play kickball |
| Do a cartwheel | Stay up past midnight | Swim in a lake |
| Roll down a hill | Pick berries | Make homemade pizza |
| Bury your toes in the sand | Eat ice cream before it melts | Catch fireflies |
| fly a kite | Make s'mores | Watch a sunset |
| Jump over the waves | Have a water balloon fight | Go on a roadtrip |
| Build a sandcastle | Play beach ball volleyball | Build a sand castle |
| Go to a drive-in movie theater | Plant flowers | Learn something new |
| Eat a hot dog straight from the grill | Get a mosquito bite | Make something explode |
| Go on a picnic | Eat corn on the cob | Go to an amusement park |
| Have a water fight | Travel somewhere you've never been | Dance it out |
| Play outdoor water games | Go to a museum | Eat a funnel cake |
| Have a watermelon seed spitting contest | Find a dinosaur | Volunteer somewhere |
| Have a family board game tournament | Spend a day barefoot | Paint something |
| Go to a carnival | Lay on grass and look at the stars | Drink a tropical drink |
| Listen to an outdoor concert | Drink ice cold lemonade | Go to a splash pad |
| Go to a waterpark | Have a family slumber party | Sleep in |
| Do a cannonball | Swing on the swings | Find a sunflower |
| Play in the sprinklers | Go to a baseball game | Float in a pool |
| Watch fireworks | Send a postcard | Wave a flag |
| Sit in a hammock | Go to a fair | Try 12 flavors of ice cream |
| Bury something at a garage sale | Go to camp | Have a backyard BBQ |
| Create your own lemonade stand | Hike a mountain | Go see a show |
| Eat a snow cone | Run a race | Find a double rainbow |
| Go to some sort of festival | Take a picture by a colored wall | Play until the daylight is gone |
| Bake cookies | Make homemade ice cream | Eat breakfast for dinner |
| Make root beer floats | Relax in a lazy river | Make & play a backyard game |
| Watch a movie on the big screen | Ride a roller coaster | Jump in puddles |
| Go to a farmer's market | Order pizza at the pool | Make an easy summer craft |
| Get a temporary tattoo | Bury a new pair of sandals | Go on an imaginary adventure |
| Watch early morning cartoons | Play frisbee | Go fishing |



PURRRFECT PETS

How the Ripley Staff Pets are improving Wellbeing



It has been shown that both being around animals and owning pets can reduce stress, depression and anxiety.

The BBC reports that even just spending time looking at pictures of cute animals can help our mental health and increase productivity! So in this article we are taking a look at some of Ripley Staff's cutest companions.

PATCH



Patch (also ends up being called Patcho, Patchigon or Patchy-Poo) is Mrs Robb's Sheepadoodle, who you may have seen if you've ever watched one of her worships. There is no doubt he brings a lot of joy to her life and has been with her through tough times.

STEVEN

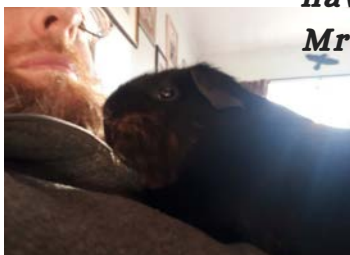


This is a fantastic photo of 'sassy' Steven, Mrs. Monk's beautiful dog! We love the matching tops in this photo!

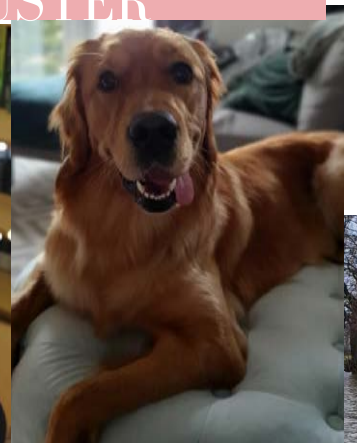
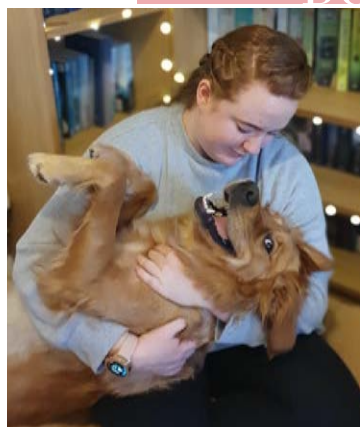
HERBIE AND NIBBLES



Here are two beautiful Guinea pigs. On the top we have Herbie owned by Miss Douglas and underneath we have Nibbles, with Mr. Robinson.



BRINKLEY AND BUSTER



Big thank you to Miss Montgomery for sending us loads of fantastic furry friend photos! She even provided the brilliant picture used at the top of this article of Brinkley and her sister's (Miss. Montgomery Science) dog Wilson! With a beautiful smile like that and lots of snuggles it's easy to see how these beautiful dogs can brighten your day.



Working from home with a furry friend by your side can really boost your mood and help with stress relief. It has been great to see all the responses from staff saying how important their pet has been to their mental health over the years! But the benefits aren't just for pet owners. Meeting up (socially distanced) with a friend for a walk with their pet or going on a walk to look at the animals out in the fields can also have a positive impact on your mental health!



LILY

The biggest Ripley pet goes to Mrs Armstrong who is pictured here with her horse Lily! We love the Ripley jacket too.

HEIDI



Heidi the Cockapoo is very photogenic. Thank you to Mrs. Bell for this photo!

COSTA



Thank you to Mrs. Marshall-Slater for this fantastic photo of her and her dog Costa. I think Costa wins the award for best pet name!

Miss Morphet, like many other Ripley dog owners, has commented how beneficial Ruby the Labrador has been for her mental health. Baby Lilly is also very happy to have a new best friend.

RUBY



BEAU AND COOPER



Meet Mr Quarry's running partners, Beau (Blue Whippet) and Cooper the Hungarian Vizsla.

STITCH AND POPPINS!

Stitch and Poppins are Mr. Cameron's adorable pet rabbits!



PETE



Pete is famous in Ripley. The pupils love him almost as much as Mrs. Taylor! He definitely looks like the sleepest and most snuggly Ripley dog.



NEWTON



Newton is refusing to admit he is too big for snuggles on Dr Gregory's knee! What a fantastic name for a scientist's dog too!

CUTEST CAT



Thank you Mrs. Rice for this fantastic selfie with your cat!

MOST UNUSUAL PET



Most unusual pet award goes to Mr. Manderson who (as well as a dog and 3 cats) has pet ants!

MILLY, DAISY & WINNIE!



Meet Milly, Daisy and Winnie, Mr. Kay's dogs! Aged 7, 3 and 4 months I bet there is never a dull moment with these three around!

Who do you think wins the award for cutest staff pet?

mistake

MISTAKE

Most people try to avoid making mistakes, and some people experience great degrees of apprehension and anxiety about making mistakes. Generally, a mistake is a decision or an action that we come to regret. Mistakes usually cause some degree of pain, loss, or struggle. Certainly, we might agree that we don't like the consequences of a choice, and hence we call it a mistake. Mistakes may be a painful experience, however, they can provide the perfect opportunity to learn and grow.



THE BENEFITS OF MAKING MISTAKES



MISTAKES
• are •
PROOF
- that you're -
TRYING

YOU LEARN FROM YOUR MISTAKES.

A negative outcome decreases the likelihood that we will repeat the same behaviour(s) in the future. Our learning comes from analysing the situation and choosing a different course of action when faced with similar circumstances. When adults consciously (or unconsciously) try to protect and save young people from making mistakes, they **deny them of an opportunity to grow.**



MISTAKES FOSTER RESPONSIBILITY AND INDEPENDENCE.

Take this scenario, for example. A student forgets their homework and faces receiving a detention. Yes, it's devastating for the child (and perhaps *even more devastating* for the parent). In the long run, does it benefit the student more if the teacher allows the student to contact home and request that the parent bring the homework **OR** should the teacher require the student to accept the sanction? Here's how it works.... **when children are young, the stakes are LOW.** They are **not** going to lose their job by virtue of forgetting their homework. It is not going to impact their choices for Sixth Form, college or an apprenticeship. **Young people should be allowed to experience natural consequences when the stakes are low so that when the stakes are high, the lesson has already been learned.** Fostering this independence at a young age is a gift that will give for the rest of a young person's life!



EXPERIENCING FAILURE MAKES SUCCESS MORE SWEET!

If a child wins every single football or netball game that he/she plays each season, **success is the expectation**. That endless success loses its meaning, and hence, the intensity of the reward becomes muted. When students repeatedly experience loss and failure, **the success that follows a boatload of hard work and dedication feels sweeter!** Try watching an underdog team win a championship (for example, Leicester City FC in the Premier League) to see what it means and how it feels.

Sweet Success

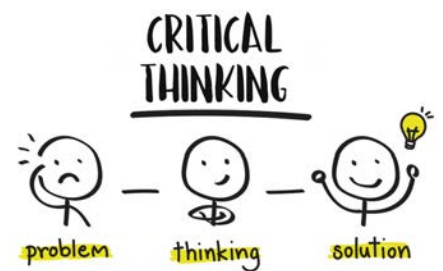
**NO
PRESSURE**

IT TAKES THE PRESSURE OFF!

When a child knows that there are inherent benefits to mistake-making, it naturally takes the pressure off. In some cases, **the relief from high pressure might allow the child to hone their focus on achieving the goal**. Without the anxiety and fear of failure, the child is able to use 100% of their brain power and attention to completing the task successfully. This new outlook allows children to gain perspective and reframe their outlook: if I succeed, my mission is accomplished and if I fail, I learn something new about how to tackle the situation in the future.

MISTAKES HELP STUDENTS BECOME BETTER PROBLEM SOLVERS AND CRITICAL THINKERS.

A beneficial side effect of allowing children to make mistakes is the development of foresight, critical thinking, and problem solving. Students will be able to take themselves through a mental maze of “If this, then that...”. For long term success, this is more effective than a preachy adult telling them what to do.



MAKING MISTAKES IMPROVES MEMORY AND RETENTION.

Would you believe me if I told you that students who are permitted to make mistakes show improved retention of information? A study, conducted by Nate Kornell, Matthew Hays and Robert Bjork at U.C.L.A. (2009) demonstrated that people retain information better and longer when they fail to retrieve the correct information on the first try.

LESSONS LEARNED FROM MAKING MISTAKES

→ believe →

Here is a list of ways to harness the mistakes you make for your benefit.

- Point us to something we did not know.
- Reveal a nuance we missed.
- Deepen our knowledge.
- Tell us something about our skill levels.
- Help us see what matters and what does not.
- Inform us more about our values.
- Teach us more about others.
- Let us recognise changing circumstances.
- Show us when someone else has changed.
- Keep us connected to what works and what doesn't work.
- Remind us of our humanity.
- Spur us to want to better work which helps us all.
- Promote compassion for ourselves and others.
- Teach us to value forgiveness.
- Help us to pace ourselves better.
- Invite us to make better choices.
- Can teach us how to experiment.
- Can reveal a new insight.
- Can suggest new options we had not considered.
- Can serve as a warning.


Benefits

- Prompt us to learn more about ourselves.
- Remind us how we are like others.
- Make us more humble.
- Help us rectify injustices in our lives.
- Show us where to create more balance in our lives.
- Tell us when the time to move on has occurred.
- Reveal where our passion is and where it is not.
- Expose our true feelings.
- Bring out problems in a relationship.
- Can be a red flag for our misjudgments.
- Point us in a more creative direction.
- Show us when we are not listening.
- Wake us up to our authentic selves.
- Can create distance with someone else.
- Slow us down when we need to.
- Can hasten change.
- Reveal our blind spots.
- Are the invisible made visible.

BENEFITS

Say daily **POSITIVE AFFIRMATIONS** to remind yourself of your strengths, awesomeness & worthiness.

Avoid **comparing yourself to others.**

Identify the things you can & cannot control. Focus your energy on the things you can **CHANGE.**

Practice Gratitude.

Give thanks for at least 3 things everyday.

Choose **optimism**, look for the brighter side of things & see the cup as half full.

Learn & practice ways to create calm & peace within. Mindful breathing is a great start!

Use good posture. **STAND (or sit) TALL AS YOU ARE.**

Respect other people's differences. When we show respect for others, we are also showing respect for ourselves.

Complete your school assignments, even when you don't want to (because it's too "boring" or "doesn't matter" or "too hard."). Feeling good can be found in getting things done.

When things don't go your way or the unexpected happens, get back up & try a different approach.

Ask for **HELP & SUPPORT.** No one can go it alone.

Speak your truth. Say what you want, need & hope for.

Read for fun. Read for relaxation. Read for opening up your life to possibilities. **Read for YOU.**

REMINDE YOURSELF THAT YOU CAN DO TOUGH THINGS.

Turn off screens. Minimize time spent on social media. Do not base your self-worth on the click of a "like".

FOLLOW your curiosities & learn, try, or create something new.

Get moving & **EXERCISE** daily! Your body will thank you by releasing natural feel-good chemicals.

FORM connections & relationships with caring adults.

Talk about your feelings with someone you trust.

Laugh! Play! have fun! Get Silly!

Do random acts of kindness

50+ Ways to Build Self-Esteem for young people

Practice healthy ways to cope with stress.

Reflect on what is important to you & what you value. Then make choices that are in alignment.

Surround yourself with supportive friends who treat you the way you want to be treated.

Give yourself a hug.

Complete chores, assignments & other responsibilities you have been putting off.

Talk to yourself like you would to someone you care about.

FOCUS ON SOLUTIONS INSTEAD OF PROBLEMS.

Join an after school club or sports team. Try a new hobby.

Set goals for yourself & work towards them, **step by step.**

Remind yourself that **no one is perfect.**

Forgive others AND yourself. Remember we are human and all make mistakes.

Take responsibility for and own up to your choices and actions at home & school.

Get enough sleep. And rest when your body needs it.

Treat yourself with kindness and compassion, even and especially when life gets hard.

Help others.

DRINK WATER.

See mistakes as opportunities to learn, grow & get second chances.

Be your **OWN Best Friend.**

Trust yourself.

Look in the mirror & tell yourself, **"I LOVE YOU."**

Create. Build. Cook. Bake. Garden. Do Art.

Tell the truth & be honest, even when it's hard to do.

When someone gives you a compliment say, "Thank you."

Make a list of your **strengths & achievements & hopes.**

Do the next right thing.

Embrace & accept **ALL** of you. This includes your **imperfections & vulnerabilities.**

Set your **BOUNDARIES** (what you are OK & not OK with) & stick with it. Know when to say, "NO...thank you." Resist peer pressure.

Do more of what helps you to step into your power & feel good about yourself.

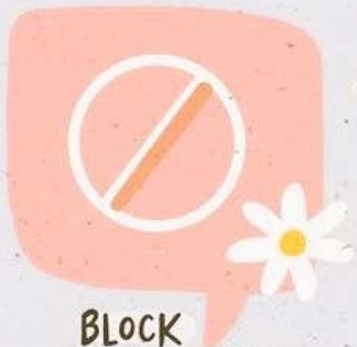
Practice daily hygiene. Bathe regularly, brush & floss your teeth, trim your nails, wash your hands, etc.

Remind yourself that the images you see on the media (magazine covers, movies, etc.) are edited & photoshopped. Don't compare yourself to what you see in the media.

Social Media Self-Care

SOCIAL MEDIA SELF-CARE

@SELFCARESPOTLIGHT



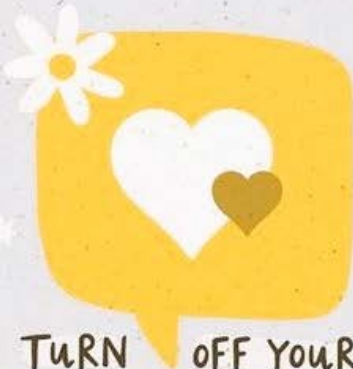
BLOCK
PEOPLE WHO
MAKE YOU
UNHAPPY



UNFOLLOW
ACCOUNTS THAT
HAVE A NEGATIVE
IMPACT ON YOUR
MENTAL HEALTH



KNOW THAT
YOU DON'T HAVE TO
RESPOND RIGHT
AWAY... OR AT ALL



TURN OFF YOUR
NOTIFICATIONS OR
UNPLUG WHEN YOU
NEED TO



MUTE AND
RESTRICT ACCOUNTS
IF YOU NEED TO

Click
Here



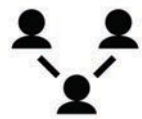
Click
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LOOK AFTER YOUR MENTAL HEALTH & WELLBEING



FIVE WAYS TO WELLBEING

Connect



Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing.

Be Active



Being physically active, including at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.

Take Notice



Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

Keep Learning



Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.

Give



Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing

SUPPORT SERVICES



The Ross Centre,
Euston Road,
Morecambe
Tel: 01524 550650
Monday -Friday
09:00 - 17:00hrs



Lancashire Care Wellbeing & Mental Health Helpline

Tel: 0800 915 4640



Monday -Friday 19:00hrs - 23:00hrs
Saturday - Sunday 12:00hrs - 00:00hrs

Useful Websites



Anxiety UK - www.anxietyuk.org.uk
BBC Headroom - www.bbc.co.uk/headroom
CAMHS - camhs-resources.co.uk
Chasing the Stigma - www.chasingthestigma.co.uk
Childline Toolbox - <https://childline.org.uk/toolbox>
Every Mind Matters - www.nhs.uk/every-mind-matters
Get Self Help - www.getselfhelp.co.uk
Healthy Young Minds - www.healthyyoungminds.co.uk



Kooth - www.kooth.com
Lancashire NHS Mental Health Crisis Line - www.lscft.nhs.uk/Crisis
MIND - <https://www.lancashiremind.org.uk/>
MindEd - www.minded.org.uk
No Panic - www.nopanic.org.uk
NSPCC - www.nspcc.org.uk
PAPYRUS - www.papyrus-uk.org

WHO TO CONTACT FOR ADVICE AND SUPPORT

THE WELLBEING & MENTAL HEALTH TEXTING SERVICE



NHS
Lancashire &
South Cumbria
NHS Foundation Trust

A confidential and anonymous service that aims to support Wellbeing and Mental Health by providing emotional support to those who may prefer to communicate via text.

Experiencing any of the following? 😞



Bullying



Parental conflict



Loneliness



Mental health problems



Sexuality challenges



Suicidal thoughts



Abuse



Self-image issues



Self-harm

We are here to help 😊❤️

Text **HELLO** to

07860 022846 📞 SOS



Scan Me!

APPS FOR YOUR PHONE



Mindshift



MindShift app is designed to help young adults cope with anxiety, by acting as a portable coach that guides you through challenging situations.

5 Minute Relaxation



Do you feel stressed and anxious? Do you crave a moment of peace and relaxation? This app will help you feel calmer and more relaxed in just 5 minutes.

STOPP



Help stop the vicious cycles of depression and anxiety, and other repetitive behaviours such as negative thinking, worry, drinking, smoking, gambling, aggression, self-harm etc.

Calm



Explore hundreds of meditations to help you relax. You'll receive an original Daily Calm along with new sleep stories, meditation and music programmes.

Headspace



HEADSPACE

Headspace is your guide to mindfulness for your everyday life. Learn meditation and mindfulness skills to help cope with sadness, anger, and adapting to change.

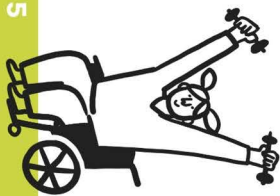
Calm Harm



Calm Harm provides tasks that help you resist or manage the urge to self harm. Add your own tasks too and it's completely private and password protected.

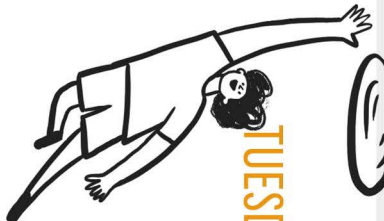
Active April 2021

MONDAY



5 Eat healthy and natural food today and drink lots of water

TUESDAY



6 Turn a regular activity into a playful game today

WEDNESDAY

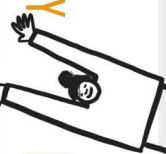


7 Do a body-scan meditation and really notice how your body feels

THURSDAY

1 Commit to being more active this month, starting today

FRIDAY



2 Listen to your body and be grateful for what it can do

SATURDAY

3 Spend as much time as possible outdoors today

SUNDAY

4 Have a day free from TV or screens and get moving instead



11 Be active outside. Dig up weeds or plant some seeds

18 Make time to run, swim, dance, cycle or stretch today

17 Go exploring around your local area and notice new things

16 Get active by singing today (even if you think you can't sing!)

15 Relax your body & mind with yoga, tai chi or meditation

14 Make sleep a priority and go to bed in good time

13 Move as much as possible, even if you're stuck inside

12 Set yourself an exercise goal or sign up to an activity challenge

25 Get active in nature. Feed the birds or go wildlife-spotting

24 Go out and do an errand for a loved one or neighbour

23 Enjoy moving to your favourite music. Really go for it

22 Regularly pause to stretch and breathe during the day

21 Focus on 'eating a rainbow' of multi-coloured vegetables today

20 Spend less time sitting today. Get up and move more often

19 Have a 'no screens' night and take time to recharge yourself

30 Become an activist for a cause you really believe in

29 Meet a friend outside for a walk and a chat

28 Find a fun exercise to do while waiting for the kettle to boil

27 Take an extra break in your day and walk outside for 15 minutes

26 Try a new online exercise, activity or dance class



ACTION FOR HAPPINESS

Happier · Kinder · Together

