



STUDENT WELLBEING MATTERS

Ripley St Thomas CE Academy Student Wellbeing Newsletter



Self care is not selfish

Self-care is things we do to improve our mental, emotional, and physical health. When you practise good self-care it has been shown to reduce stress and allows you to be better able to deal with everyday things you encounter. Despite its positive benefits, most people do not practise self-care.

Self-care relies on increased self-awareness, which in turn has many benefits. Practising self-awareness can help you to recognise patterns in your emotions, including events or situations that can trigger worsened symptoms.

This edition of the newsletter includes A Beginner's Guide to Self Care and a particularly useful article on Social Media Self Care.

There are also our regular features including how to Look After Your Mental Health with lots of useful information, advice, websites, apps and contact details of relevant agencies and a Meaningful May calendar with daily inspiration and ideas to keep you active during May.

MAKE
yourself

A PRIORITY

IN THIS EDITION:

- One with the silence - poem
- Student News
- Youth Wellbeing Journey
- Social Media Self Care
- Meaningful May Activity Calendar

We've another exciting newsletter packed with interesting and informative articles and lots of great advice and tips to help improve your mental health and wellbeing.

We're delighted to be able to include a new feature to the newsletter, where we share recent good news and success stories of Ripley pupils throughout school. Make sure you check out their awesome achievements in this edition.

ONE WITH THE SILENCE

*Don't breathe a word
Maybe they'll take the hint
Please ignore me
I'm not here, really*

*"You've got to speak
Or else they'll never know"*

*My thoughts are racing
What if? But why?
My head is crowded
And so is this space*

*"How about you interact with others?
Hello is a start - It's really not that hard"*

*I'm not a people person
I want to be alone
Nobody minds, really
It's not like they notice*

*"You have friends who care
Even if they joke around"*

*I fidget when I'm nervous
I find it hard to sit still
Maybe I'll read a book
Pray that this is unimportant*

*"Everything you do is a step closer
To new knowledge and old facts"*

*I prefer to be me by myself
I hate attention, despise a crowd
I'm not looking for trouble
I'm just minding my own business*

*"You really like the quiet, huh?
You really are
One with the silence"*

DiABETES UK

KNOW DIABETES. FIGHT DIABETES.



TEENAGE AND TYPE 1

Q&A with a panel of 15-21-year-olds

Life with type 1 diabetes isn't always easy. But sometimes it can help to hear the experiences of other people who know exactly what it's like.

Join us for our 'Teenage and type 1' online Q&A session to hear from our panel of 15-21-year-olds living with type 1.

Date: Monday, 17 May

Time: 7pm-7.45pm

How: Zoom

Please note: this session is aimed at 13-17-year-olds living with type 1.

Register for your free place here: <https://eu.eventscLOUD.com/teenage>

The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 216199) and in Scotland (no. SC0098136). © Diabetes UK 2020

Want to find out more about Type 1 Diabetes?

Sign up here for 'Teenage and type 1', an online Q&A session with a panel of 15-21-year-olds living with T1.

This session is aimed at 13-17-year-olds in the UK living with type 1 diabetes.



STUDENT NEWS

One way to help your wellbeing is to look for ways to celebrate or to focus on the positives. With so many Ripley pupils achieving wonderful things both in and out of school, we are thrilled to share so many positive and inspiring stories from our school community.



If you have any good news stories to share, please contact us at wellbeingmatters@ripley.lancs.sch.uk



Beth D (Year 13)

Congratulations to Beth in year 13 who has landed her dream place at Manchester University to read Medicine. Well done Beth!



Congratulations

to Ella P (Year 9) and Lucie S (Year 10) who have been longlisted on the Cambridge MFL creative writing competition:

Ella P (Year 9) - a diary entry from a character perspective from *Les Choristes*!

Lucie S (Year 10) - a poem in Spanish about day of the dead

Year 7 Round Up

Year 7 have been brilliantly busy producing some outstanding performances across a range of competitions and tournaments. Here are some of the highlights:

- Harvey C - 3rd Place in the school photography competition
- Evie M - Completed her Dance exam
- Teresa Z, Anita P and Callum B - Won the first round of the spelling Bee competition
- Adrito H - 2nd place in a chess tournament in Morecambe



OpenDoors

Serving persecuted **Christians** worldwide

Jennifer S (Year 8)

Well done to Jennifer S who created an **INCREDIBLE** piece of art for the Open Doors Charity to be sent to a persecuted Christian. It was so good that Open Doors picked it up and plan to feature it in their magazine and on their website!
Brilliant work Jennifer!

Ruby-Mae K (Year 8)

Congratulations to Year 8 superstar Ruby-Mae who smashed her personal #100milesinMarch fundraising challenge for St John's Hospice by cycling, running and walking a total of 100.8 miles and raising an impressive £1550 + £238.25 gift aid. An amazing achievement for a wonderful cause, well done Ruby-Mae!





STUDENT FEATURE

Izzy W, Year 10

This week's inspirational student feature is about Year 10 footballer, Izzy and her awesome involvement with Miss Kick, the UK's first female football brand. Thank you for sharing Izzy!

If you are involved in a project in or out of school and would like to share it, we'd love to feature it. Please get in contact at wellbeingmatters@ripley.lancs.sch.uk



What is Miss Kick?

Miss kick is a brand that helps promote women's football. It's a movement to address and change the social issues of women in football and sport. More information is on the website www.misskick.com and also Instagram @misskick

What does it involve?

Miss Kick involves being creative, thinking and doing things outside your comfort zone, helping with product ideas for the clothing and also supporting one another. We get amazing opportunities to have Q&As with some amazing Women super league players such as: Molly Green, Maz Pacheco, Hannah Godfrey and many more.

How and why did you get involved?

I decided to join Miss Kick when I heard about it on social media and they were wanting ambassadors who were willing to jump on board. For many years I've been always put down for playing football because I'm a girl and I thought this opportunity would be a great eye opener for me and to just enjoy what I love doing and inspiring the younger generation that it's ok to do what makes you happy and hopefully make everything a bit more positive. I've not really been a person to talk about my achievements since I'm not really that kind of person but since lockdown, it's changed my mindset and I just thought I should just go for it!

What does your role involve?

My role in Miss Kick is to put ideas forward about the topics that need to be addressed in women's football. And also to spread awareness on my own social medias about fairness and also just me playing football, wearing their brand and just promoting it so people hopefully look and think to stop and have a read on Miss Kick's social media and think to get involved as well!





Ripley Cadets



Congratulations to our super students on their recent promotions within the Combined Cadet Force! (CCF)

CADET LANCE CORPORAL (CLCPL)

William S
Olivia G
Eleanor B

(first to be promoted and to achieve Master Cadet within her year group)

MASTER CADETS

Fergus R
Victoria M
Isaac H
Martha T
Eleanor B

CONGRATULATIONS

Thinking of becoming a Cadet? Below are the routes all Cadets go through, and what they have to achieve to earn each award.



FIRST CLASS CADET

The following elements are included in this introduction to Cadet Training:

- The ATC
- The RAF
- History of Flight
- Principles of Airmanship
- Map Reading, Initial Expedition Training
- Basic Radio Communications
- Drill

LEADING CADET

Intermediate training in the following subjects:

- Airmanship Knowledge
- Principles of Flight
- Basic Navigation Using Map & Compass



SENIOR CADET

Advanced aviation training, to include any 3 subjects:

- Air Navigation
- Pilot Navigation
- Aircraft Handling & Flying Techniques
- Airframes
- Piston Engine Propulsion
- Jet Engine Propulsion
- Rocketry
- Military Aircraft Systems
- Principles of Air Power
- Radio & Radar, Satellite & Data Communications
- Avionics & Aircraft Electrical Systems



MASTER AIR CADET

Specialist aviation training, to include any 3 subjects not undertaken at Senior Cadet:

- Air Navigation
- Pilot Navigation
- Aircraft Handling & Flying Techniques
- Airframes
- Piston Engine Propulsion
- Jet Engine Propulsion
- Rocketry
- Military Aircraft Systems.....



If you can't
FIND THE
sunshine



BE THE
sunshine

— YOUR JOURNEY TO BETTER —

WellBEing

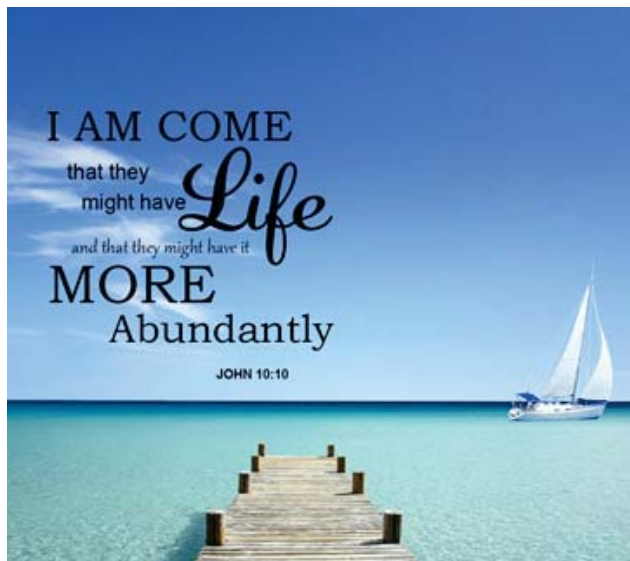
A letter from Michael,
School Chaplain

Hi everyone,

HOW
ARE
YOU?

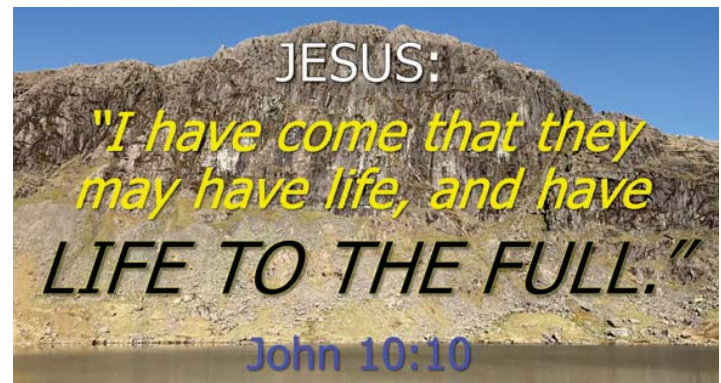
I wanted to add a little note to you in this edition of the Wellbeing Matters Newsletter.

First of all though, **how are you?** Take a pause. How are you really? I genuinely hope you are doing okay, but remember that it's okay if you are not. We are all different and all have varying life experiences of both what we are going through and how we cope with them. We all have our good days and our bad days and that's normal. But as we consider our wellbeing, I want you to **hold onto hope and seek help if you ever need it.** There are people there to support you and, above and beyond that, I believe that there is a wonderful God of hope, who loves and cares for you.



The Christian faith and Bible teaching ties in strongly when we talk about "Wellbeing Matters", so I hope this series and other Christian input you receive at Ripley will encourage you to know more of God's love and care for you as someone asks "how are you?". Here for you if I can ever help you on that journey!

**youth
wellbeing
journey.**



In my work in the Chaplaincy I regularly have pastoral conversations and interactions with people who are not always okay. Often my heart breaks and I wish I could magically fix everyone's problems, yet I know I can't. But I can **listen, encourage, advise, connect and point people to God** through our conversations and in our times of worship and prayer in the life of the school.

The **Youth Wellbeing Journey** we are currently doing in our times of worship is aimed to take you on a journey to explore God's plan for your wellbeing. I believe that God cares about all areas of your wellbeing in life and that Jesus ultimately came so that we can have "life to the full" (see John 10:10), which includes physically, mentally, emotionally, relationally and more. Consider checking out the video content on Firefly and whether you're doing okay or not, I invite you to **consider connecting to God and his best plans and purposes for your life.**



Social Media Self-Care

Social Media is more popular now than ever, however do you know the impact it can have on your mental well-being? Look at the graph to the right. YouTube is the only form of social media which has a positive impact on your mental health, whereas Snapchat and Instagram - two of the most popular platforms- are the most damaging. So what can you do to take care of your social media wellbeing?



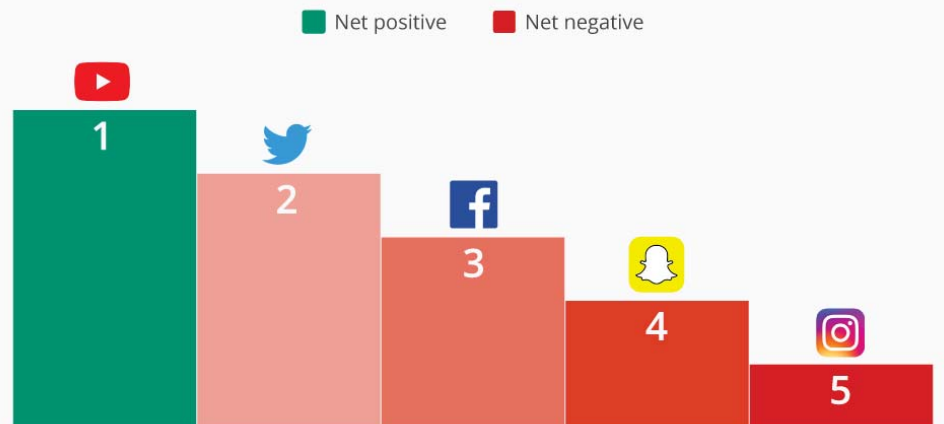
Chase Positivity

If you are on Instagram, Facebook or twitter, follow positive accounts that inspire you and make you feel good about yourself. Block any accounts which do the opposite



Mental Health: The Impact of Social Media on Young People

Ranking of social media platforms according to impact on youth mental health



Survey conducted in the United Kingdom among 1,479 young people between the ages of 14 and 24. 14 factors were taken into account such as anxiety, depression, loneliness, self-image, harassment, opportunity to express oneself.



@StatistaCharts Source: Royal Society for Public Health

statista

BE KIND...

Be kind to yourself and others when posting. Always think before you post, whether it is a story, status, picture or comment. Be kind to yourself, never compare yourself to images you see online!

Limit your time

Be mindful of how much time you are spending on social media, use the Screen time section on your settings to set yourself a limit!

Use YouTube

Youtube is the only app which has positive mental impacts. How could you use YouTube to benefit you? YouTube has millions of videos, so rather than filling your time scrolling through Instagram, watch a positive YouTube video. You could use it to learn a new hobby or watch a documentary on a topic which interests you! You could even just unwind whilst watching your favourite vlogger. Make intentional choices to use social media in a way which benefits your mental wellbeing

A BEGINNERS GUIDE TO SELF CARE

 @BELIEVEPHQ



1 Take time out of your day to look after your physical, mental and emotional wellbeing



2 Find activities that give you a sense of pleasure, achievement, enjoyment and connectedness



3 Take care of your sleep. Develop a good sleep environment and try to get between 7-9hrs sleep a night



4 Engage in activities that you enjoy and make you happy



5 Try and stay active when you can. Exercise regularly throughout the week



6 Connect with others to boost your social wellbeing



7 Stay in the present moment. Focus on the here and now



8 Maintain a well balanced diet



9 Make sure you are taking breaks at work and getting enough rest and recovery throughout the week



10 Take time each day to work on your mental health (E.g worry time, thought challenging)



11 Be kind to yourself. Know when to say no and when to really look after your own wellbeing



12 Spend a moment engaging all your senses with an activity you are doing



13 Don't be afraid to talk to people about your emotions, thoughts and feelings



14 Be yourself and do things which have meaning and importance to you



15 Spend time working on values which are important to you



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.

Meaningful May 2021

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Make a list of what matters most to you and why

2

Do something kind for someone you really care about

3

Focus on what you can do rather than what you can't do

4

Take a step towards an important goal, however small

5

Send your friend a photo from a time you enjoyed together

6

Look for people doing good and reasons to be cheerful

7

Let someone know how much they mean to you and why

8

Set yourself a kindness mission to help others today

9

Notice the beauty in nature, even if you're stuck indoors

10

What values are important to you? Find ways to use them today

11

Be grateful for the little things, even in difficult times

12

Listen to a favourite piece of music and remember what it means to you

13

Look around for things that bring you a sense of awe and wonder

14

Find out about the values or traditions of another culture

15

Do something to contribute to your local community

16

Look up at the sky. Remember we are all part of something bigger

17

Show your gratitude to people who are helping to make things better

18

Find a way to make what you do today meaningful

19

Send a hand-written note to someone you care about

20

Reflect on what makes you feel valued and purposeful

21

Share photos of 3 things you find meaningful or memorable

22

Find a way to help a project or charity you care about

23

Share a quote you find inspiring to give others a boost

24

Recall three things you've done that you are proud of

25

Make choices that have a positive impact for others today

26

Ask someone else what matters most to them and why

27

Remember an event in your life that was really meaningful

28

Focus on how your actions make a difference for others

29

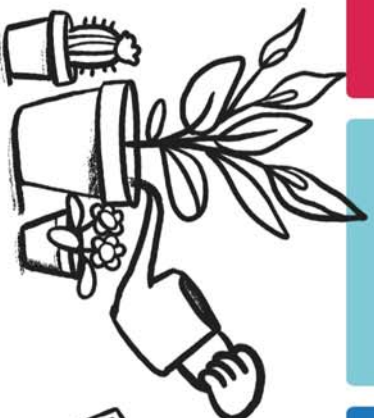
Do something special and revisit it in your memory tonight

30

Today do something to care for the natural world

31

Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together