



Spring 1 Half Term - Self-Care 2026

Getting out and about over the half-term holiday can be a refreshing break for school pupils and a valuable chance for parents to reconnect with them away from their normal daily routines. Whether it's a short walk, a day trip, visiting local attractions (please see below), or simply spending time outdoors, shared activities help pupils recharge mentally and physically after a busy half term. For parents, these moments offer opportunities for relaxed conversations and quality family time, supporting wellbeing and balance. Even simple outings can make the holiday feel meaningful, helping everyone return to school and work feeling more positive and refreshed. Kind regards Mr T

Friendly February 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Send a message to let someone know you're thinking of them

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone

4 Invite a friend over for a 'tea break' (in person or virtual)

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

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 good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really 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 the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Supporting you Wellbeing - Blogs of the month

[GCSE - England - BBC Bitesize](#)

[Chichester Canal - Boat Trips, Rowing, Fishing, Canoeing, Refreshments](#)

[Mudfest 2026 – February half term | WWT](#)

[Home - art-ful Pottery Cafe](#)

[Family Fun during school holidays | Chichester Festival Theatre](#)



BE RESPECTFUL
BE RESPONSIBLE
BE KIND & BE SAFE

BEFORE COLLEGE : BREAK : LUNCH : AFTER COLLEGE

BAN THE BANTER

STAYING SAFE AT MRC

STOP BULLYING

TAKE A STAND : SPEAK OUT

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
Mr Thompson : Mrs Dickens

STAYING SAFE AT MRC

Everyone has the right to:

- Speak out and be heard
- Be safe
- Get help when they need it

If you are worried about something,
TALK TO US!

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STAYING SAFE AT MRC

ARE YOU SAFE ?

STAYING SAFE AT MRC

MRS DICKENS Designated Safeguarding Lead (DSL)	MR THOMPSON Deputy Designated Safeguarding Lead (DSL)	MRS BEESLEY Safeguarding Coordinator (DSL)	MRS CHARD Safeguarding Lead (DSL)
MRS FERGUSON SENCO (DSL)	MRS SKINNER Attendance (DSL)	MRS SILVERTHORNE Head of Year	MR CLEMENTS Head of Year

MENTAL HEALTH

If you are worried about something,
TALK TO US!

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STAYING SAFE AT MRC

STOP the HATE

If you are worried about something,
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STAYING SAFE AT MRC

SAFE ONLINE?

If you are worried about something,
TALK TO US!

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Mr Thompson : Mrs Dickens

STAYING SAFE AT MRC

BAN THE BANTER

If you are worried about something,
TALK TO US!

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STAYING SAFE AT MRC

TALK TO US!

MISS LEE-JONES Head of Year	MRS DOWN Head of Year	MR LAMB Head of Year	MRS SHADBOLT Sixth Form Manager
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Remember, no matter how you feel, there is always someone to talk too!

There is *always* someone to talk to; use one of these free services to use if you feel low, lonely, or vulnerable.

- *CHILDLINE--<https://www.childline.org.uk/>...0800-1111-open 24hrs/7-days-a-week
- *SAMARITANS--<https://www.samaritans.org/>...116-123-open 24hrs/7-days-a-week
- *NHS Mental Health Line-0800-0309-500-open 24hrs/7-days-a-week
- *SHOUT---Text-85258
- *YoungMinds--[text YM to 85258](https://www.youngminds.org.uk/about-us/contact-us)-27hrs/7-days-a-week-<https://www.youngminds.org.uk/about-us/contact-us>

Anxiety—what strategies do you use, listen to a music list, walk around the garden, read some of a book, have you made a Self-Soothe box—find out at <https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/> or 0844-967-4848 open 27hrs/7-days-a-week.....or the *ClearFear* app

CLEAR FEAR

Suicidal—Call 999 or go to A&E if you or someone is feeling suicidal

Papyrus Hopeline-UK-0800-068-4141 or text-07860-039967 or email pat@papyurs-uk.org all open 9:00am-midnight everyday

Download the StayAlive app from Google playstore

PAPYRUS
PREVENTION OF YOUNG SUICIDE

#StayAlive

Parent Support—YoungMinds and WSCC

West-Sussex-Safeguarding-Hub: 01403-229900 Mon-Fri-9am-5pm and 0330-022-26664 5pm-9am and weekends

For detailed advice, emotional support and signposting about a child up to the age of 25. Call free 0808-802-5544 from 9:30am--4pm, Mon--Fri-<https://www.youngminds.org.uk/parents>

YOUNG MINDS
fighting for young people's mental health

Self-harm—what have you planned as your distraction techniques—go for a walk, make someone a cup of tea, bake some cakes, walk the dog, look at your favourite photos, doodle/draw.....or engage with the *CalmHarm* app

CalmHarm