



Summer Term 1 - Self-Care 2026

Balancing your day between work, rest, and time outdoors can make a huge difference to both your wellbeing and your productivity. During busy periods, it's easy to stay stuck indoors or feel overwhelmed, but building in time to get outside and be active can help you reset and stay focused. Start your day with something simple like a walk, some exercise, or even just a few minutes in the fresh air. Throughout the day, try to include small active breaks, meeting up with friends, playing a quick game of football in the park, going for a bike ride, or reading outside can all give your mind a break while keeping your body moving. These moments help you step away from pressure and return to your work feeling more energised and balanced.

At the same time, maintaining a healthy work-life balance is essential, especially during demanding times like exam season. Create a realistic study routine that includes regular breaks, time outdoors, and space for things you enjoy. Staying active, spending time with friends and family, and even carrying out small acts of kindness, like helping a neighbour or simply checking in on someone, this can improve your mood and sense of connection. Make sure you're also looking after the basics: getting enough sleep, eating well, and staying hydrated. By taking care of both your workload and your wellbeing, you'll not only manage stress more effectively but also set yourself up for better long-term success. Happy holidays, kind regards Mr T

Supporting your Wellbeing and any exam concerns

[How to Talk to Your Child about Mental Health | YoungMinds](#)

[Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

[Place2Be: Parenting Smart: Articles](#)

[Guide to CAMHS | Mental Health Services | YoungMinds](#)

[Ways to look after your mental health #MHW20 #mentalhealth #MHW - Develop Us](#)

[Help your child beat exam stress - NHS](#)

[4 Ways to Beat Exam Stress and Anxiety \(GCSE & A-Level\) - YouTube](#)

[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

[Info on exam stress - for 11-18 year olds | Mind - Mind](#)

[Hints and tips to help combat exam anxiety](#)

[Coping with exam pressure - a guide for students - GOV.UK](#)

[Four ways exercise can relieve exam stress - Exams and Revision | Birmingham City University](#)

[Managing Stress, Sleep And Wellbeing During Exams](#)



Anna Freud
National Centre for
Children and Families



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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Mr Thompson : Mrs Dickens

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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Mr Thompson : Mrs Dickens

STAYING SAFE AT MRC

STOP the HATE

If you are worried about something,
TALK TO US!

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

STAYING SAFE AT MRC

SAFE ONLINE?

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
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>

YOUNGMINDS 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