



# Spring 2 Half Term Hols - Self-Care 2026

Spring brings a welcome sense of renewal, and for Year 11 and Year 13 students, the Easter holiday often becomes an important moment to balance revision with rest. While preparing for exams is vital, it's equally important for students and their parents to prioritise getting outside, taking breaks, and practising self-care. Fresh air, gentle exercise, and time away from screens can boost focus, reduce stress, and make revision far more effective. By creating a healthy routine that mixes study with wellbeing, families can support young people to feel more confident, energised, and ready for the challenges ahead.

Happy Easter! Kind regards Mr T

## Supporting your Wellbeing and things to come after the Easter Holiday

[Just Race Driving Simulators Worthing | Day Out With The Kids](#)

[Aldingbourne Country Centre | Day Out With The Kids](#)

[Great Days out this Easter](#)

[Ninja Warrior UK Guildford Tickets – Indoor Obstacle Adventure](#)

[Waking Up the Wild | Easter Holiday Activities](#)

[Easter Holiday Fun in Surrey - Events and Activities | Visit Surrey](#)

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

[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!**

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

STAYING SAFE AT MRC

**ARE YOU SAFE ?**

STAYING SAFE AT MRC

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

**MENTAL HEALTH**

If you are worried about something,  
**TALK TO US!**

Tutors : Heads of Year : All staff  
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!**

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

STAYING SAFE AT MRC

**TALK TO US!**

<b>MISS LEE-JONES</b> Head of Year	<b>MRS DOWN</b> Head of Year	<b>MR LAMB</b> Head of Year	<b>MRS SHADBOLT</b> 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](mailto: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**