

Spring 1 - Self-Care 2024

Welcome and WOW, what happened to January... Still, here we are, and we're about halfway through the academic year! Spring for me is a fab time of year (start of the 6 Nations), as its subtly teeing us up for the new year with slightly warmer temperatures, longer days and hopefully plans for summer holidays too! Please find below a mixed bag of 'wellbeing' stuff. Some of us are detoxing and others may require other support. As always, please get in contact. If we don't know, its hard for us to act. Have a lovely half term break. Many thanks and kind regards Mr T.



Friendly February 2024

| 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 | 29 Acknowledge someone's problem or pain rather than trying to fix it | | | |

ACTION FOR HAPPINESS

Happier · Kinder · Together

[How Do Teenagers Sleep Differently? | Matthew Walker \(youtube.com\)](#)

[6 tips for better sleep | Sleeping with Science, a TED series - YouTube](#)

YOUNGmINDS
fighting for young people's mental health

[Parents' A-Z Mental Health Guide | Mental Health Advice | YoungMindsThe building blocks of good mental wellbeing \(educationsupport.org.uk\)](#)



[Types of Eating Disorder \(beateatingdisorders.org.uk\)](#) Who's mission is to end the pain and suffering caused by eating disorders.

**MENTALLY
HEALTHY
SCHOOLS**



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

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

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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ARE YOU SAFE ?

| | | | |
|---|--|---|--------------------------------------|
| MRS DICKENS Designated Safeguarding Lead (DSL) | MR THOMPSON Deputy Designated Safeguarding Lead (DSL) | MRS BEESLEY Safeguarding Coordinator (DSL) | MRS CHARD Safeguarding Lead (DSL) |
| MRS SHADBOLT Sixth Form Manager | MR CLEMENTS Head of Year | MRS SILVERTHORNE Head of Year | MR LAMB Head of Year |

MENTAL HEALTH

If you are worried about something,
TALK TO US!

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Mr Thompson : Mrs Dickens

STOP the HATE

If you are worried about something,
TALK TO US!

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SAFE ONLINE?

If you are worried about something,
TALK TO US!

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

BAN THE BANTER

If you are worried about something,
TALK TO US!

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TALK TO US!

| | | |
|--------------------------|-----------------------------|--|
| MRS DOWN Head of Year | MISS WRIGHT Head of Year | MRS SKINNER Safeguarding : Attendance |
|--------------------------|-----------------------------|--|

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--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 ¶



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



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> ¶

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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 ¶

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