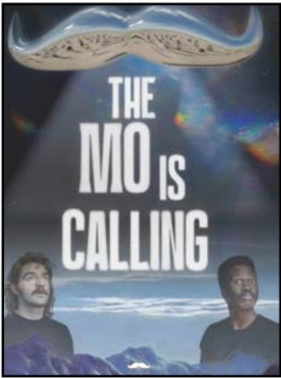




Autumn 1 Half Term - Self-Care 2024



A massive hello and welcome from me. Please find attached our first self-care of this new academic year. My summer holiday seems such a long time ago. It is also that time of year when the dark damp mornings remind us that the summer is long gone. However, it is that time of year when the MRC 'Mo' brotherhood gathers. I have chosen to do this in this way for support, but also to warn and then to apologise to their partners and wives, as the season of facial torture and irritation beings. Serious note, we all know somebody with a prostate, or somebody who may be suffering with their mental health, it is my intention along with the 'MRC Mo's 24' to raise awareness of not only of male cancers but also male suicide, where one man takes his life every minute. Please support this wonderful cause in any way you can, by either scanning this QR code, or following us on school website.



'Working harder for longer' is our new moto and our Year 11s and Year 13s will have an exam from every subject to complete over the half term break. It has been proven that practicing exam questions leads to an increase in progress and the more you practice the better you become.

I hope you all have a lovely half term break. Kind regards Mr T

Exam Anxiety and Wellbeing support- Blogs of the month

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

[Exam Stress Tipsheets \(place2be.org.uk\)](#)

[Exam stress | Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#)

[Exam Stress | Coping Strategies | DEAL | Samaritans](#)

[Help your child beat exam stress - NHS \(www.nhs.uk\)](#)

[Information for 11-18 year olds – Exam stress - Mind](#)

[7 Tips To Beat Exam Anxiety \(youtube.com\)](#)

[What are you doing to look after yourself this weekend? - Emotionally Healthy Schools](#)

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



Self-Care

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

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!

Tutors : Heads of Year : All staff
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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--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@papyrus-uk.org all open 9:00am-midnight everyday ¶

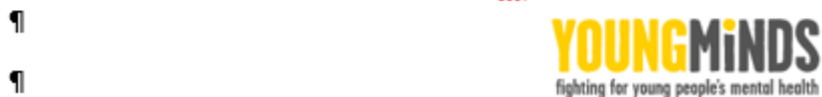
Download the StayAlive app from Google playstore ¶



Parent Support—YoungMinds and WSCC ¶

West Sussex Safeguarding Hub: 01403-229900 Mon-Fri 9am-5pm and 0330-022-2666 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> ¶



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 ¶

