



# Spring 2 Easter Holiday - Self-Care 2025

Easter is a time of celebration and renewal, often marked by family gatherings, festive meals, and various traditions (visit from the Easter Bunny – regardless of their ages but my kids love an Easter egg hunt). It's also a period when students might be preparing for upcoming exams. Balancing revision with self-care is crucial during this time.

Effective revision is essential for academic success. It helps reinforce knowledge, identify gaps, and build confidence. Creating a structured revision plan can make the process more manageable and less overwhelming. However, it's equally important to prioritise your wellbeing. Taking regular breaks, getting enough sleep, and engaging in relaxing activities can help maintain your mental and physical health.

Remember, self-care isn't just about relaxation; it's about ensuring you're in the best possible state to absorb and retain information. Enjoying the Easter holiday with friends and family can provide a much-needed mental break, helping you return to your studies refreshed and motivated. Balancing both aspects will lead to a more productive and enjoyable holiday season. Happy Easter! Kind regards Mr T

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

[Great Days out this Easter](#)

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

[Things To Do In The Easter Holidays | Top Things To Do | DOWTK](#)

[Easter Events and Activities in Hampshire - Visit Hampshire](#)

[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**

**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!**

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

<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)
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**ARE YOU SAFE ?**

<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
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**MENTAL HEALTH**

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

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

**STOP the HATE**

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

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

**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!**

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

**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 - 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](mailto:pat@papyurs-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 0330-022-26664 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>



**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

