

WELLBEING AT WICKERSLEY



Welcome to our October Wellbeing Newsletter.

This newsletter gives you an update on what support is available to students and some ideas about how you can support your child's wellbeing.

There are many additional wellbeing resources on the school website for parents and students to refer to.



Mind have created this calendar which is packed with actions you can take for better mental health.

Use each week to try and focus on the 'Five ways to wellbeing'.



[CLICK HERE TO DOWNLOAD THE CALENDAR](#)

CONNECT

Wellbeing week: The 6th October is our first Wellbeing week in school.

During form period we will be discussing a number of issues around the 5 ways to wellbeing. Sometimes it's the little things in life that we often take for granted which make all the difference and brighten up our day. That's why this year we want to give students and staff a challenge!

Can they complete these five little acts of kindness, as recommended by Young Minds, to brighten someone's day and spread some joy?

- 1 Say something kind to a teacher
- 2 Smile at a friend
- 3 Remind someone of a nice thing they did for you once
- 4 Ask someone if they need any help
- 5 Make someone laugh!

Do one thing for better mental health this World Mental Health Day

Our monthly calendar is packed with actions you can take for better mental health. Use each week to try and focus on the 'Five ways to wellbeing'. The following ideas have been researched and developed by the New Economics Foundation.

[Write Month here]

Mon [00] Talk to someone instead of sending an email	Tue [00] [Write your own ideas in these spaces]	Wed [00] Speak to someone new	Thu [00]	Fri [00] Put five minutes aside to find out how someone really is	Sat [00]	Sun [00] Have a tea with someone
Do something different today and make a connection						
Mon [00] Take the stairs not the lift	Tue [00]	Wed [00] Do some 'easy exercise', like stretching	Thu [00]	Fri [00] Have a kick-about in a local park	Sat [00]	Sun [00] Go for a walk at lunchtime
This week, why not get active?						
Mon [00] Take some time to enjoy the moment and the environment around you	Tue [00]	Wed [00] Notice the changing seasons	Thu [00]	Fri [00] Get a plant	Sat [00]	Sun [00] Have a 'clear the clutter' day
Take notice and be in the present						
Mon [00] Find out something about your friends, families or colleagues	Tue [00]	Wed [00] Do a crossword or Sudoku	Thu [00]	Fri [00] Research something you've always wondered about	Sat [00]	Sun [00] Start a new book
Focus on learning						
Mon [00] Do something nice for a friend, or a stranger	Tue [00]	Wed [00] Thank someone	Thu [00]	Fri [00] Smile	Sat [00]	Sun [00] Look out, as well as in
Give						

You can get information and support from Mind: mind.org.uk/information-support

PHSE

Year 7 - As part of their Personal, Social, Health and Economic wellbeing lessons Y7 have been introduced to the [5 ways to wellbeing](#). We have been exploring how; taking notice, connecting to others, keeping active, keeping learning and giving to others impact on our emotions. During wellbeing week, Y7 students will be working on campaigns to educate others on these 5 steps.

Year 8 - In PSHE lessons, year 8 have been considering some of the pressures that young people may face when communicating digitally. [Here is a guide to discussing these issues at home.](#)

Year 9 - Half of year 9 are currently doing PSHE lessons, this will continue until February when they will swap with those doing Philosophy, Ethics and Religion. PSHE students are currently completing a relationships and sexual health education unit of work. More details and a curriculum map can be found in our revised [policy](#).

For more information about PSHE lessons, please contact pshe@wickersley.net

SUPPORTING OUR CHILDREN

We are lucky to be working in partnership with 'With me in Mind' who are mental health practitioners.

Follow them on social media in order to find out more. We also have a Wellbeing email that students and parents can use to ask our Wellbeing team for support if they feel they need it. The email address is [:Wellbeing@wickersley.net](mailto:Wellbeing@wickersley.net)



STUDENT VOICE

Our students took part in an online survey in July which was conducted by Rotherham Borough Council to find out how the current pandemic has affected their mental health and wellbeing.

A second survey is planned to be sent out during wellbeing week for all pupils to capture pupils' views around COVID19/Lockdown, how they are settling back into school life and the impact this is having on their lives.

The results for these surveys are key in order for us to find out about any issues/trends and how we can plan any actions that will enable us to improve the services here at WSSC.



BE ACTIVE AND TAKE NOTICE

During lockdown we noticed a number of families encouraging family walks and exploring new areas. It is proven that walking is a fantastic way to keep fit both physically and mentally and studies show that mental health is improved by simply taking the time to go for regular walks in the countryside. Of course bear in mind the restrictions that are now in place in terms of numbers and face masks.

KEEP LEARNING

Over the past few months, we have relied on the internet to allow us to connect with our friends and family.

[Click here to read an article which discusses 10 ways for families to use to internet in a positive way](#)

MENTAL HEALTH & WELLBEING APPS

The following apps support well-being and our mental health, take a look at some of them:



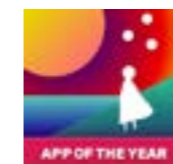
WELLMIND

WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression.



MINDSHIFT

MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety.



FABULOUS

Fabulous is a science-based app, incubated in Duke's Behavioral Economics Lab, that will help you build healthy rituals into your life.



SMILING MIND

Smiling Mind is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life.

A reminder for parents/carers if you are worried about the well-being or mental health of your child, please contact wellbeing@wickersley.net



WHAT'S UP?

What's up is a free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, and Stress.

SAFEGUARDING OUR CHILDREN

Safeguarding our children remains our key priority during this difficult time. If you have any concerns about the safety of a young person in our school please email _safeguarding@wickersley.net in the usual way and our team will endeavour to support you.

USEFUL RESOURCES

Barnardo's have developed a new resource for parents on helping your child deal with the changes associated with coronavirus.

Their 'See, Hear, Respond support hub' has a number of useful resources:

www.barnardos.org.uk/see-hear-respond-support-hub



NEED TO TALK?



If you are feeling low, or worried about something and need to speak to someone there are a number of different ways that you can get help:



NUMBER 01



NUMBER 02



Please email our school well-being email address, wellbeing@wickersley.net. You can email during the day and someone from the well-being team will get in contact with you to see if we can help. You can use this email address from home but please be aware that our team will pick this up the next day when we are back in school.

IF YOU ARE WORRIED ABOUT YOUR OWN SAFETY OR THE SAFETY OF ANOTHER STUDENT PLEASE EMAIL, SAFEGUARDING@WICKERSLEY.NET.

Speak to a teacher or other member of staff that you see during the day and they will be able to let the well-being team know that you need support. Someone from the well-being team will then be in contact with you to see if we can help.

NHS NUMBER 03



Access the With Me In Mind e-Clinic app.

Sign up for free and get direct contact with a With Me In Mind worker. Discuss any mental health related issues using instant messaging on your phone or tablet.