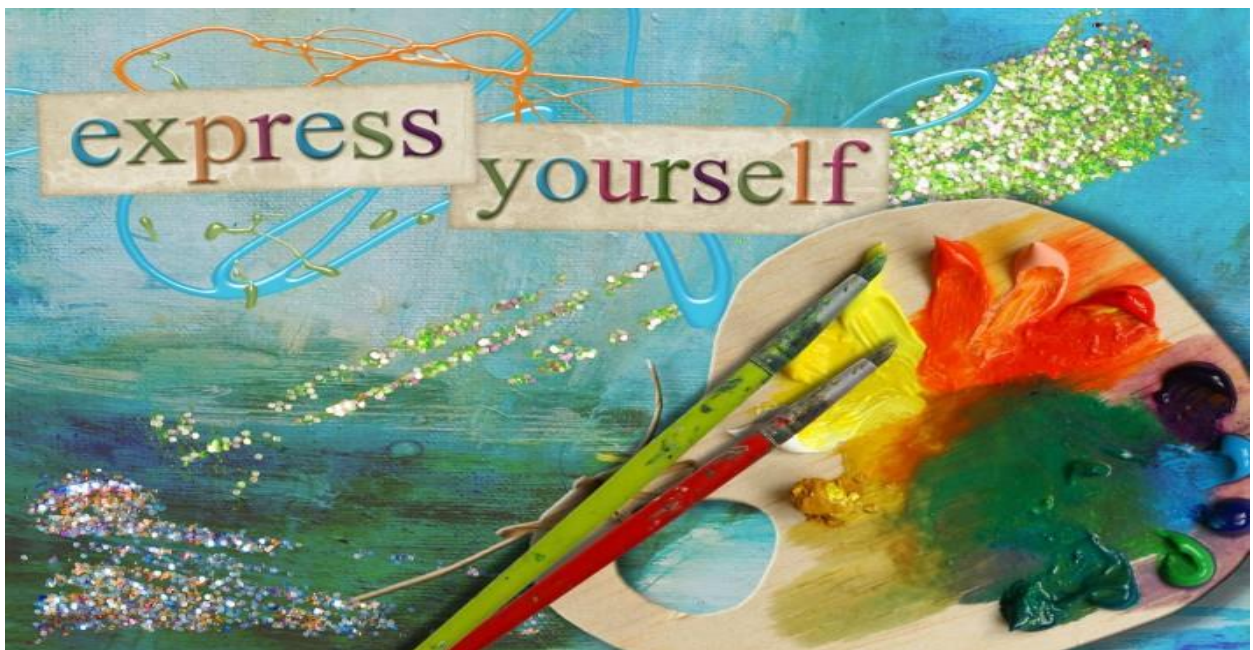


At St Augustine's we care about all our pupils' wellbeing

Children's Mental Health Week 2021

The theme is

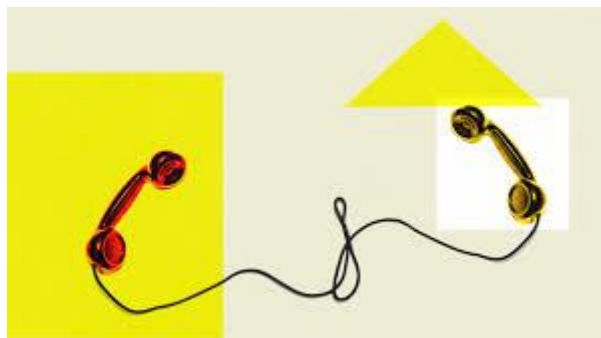
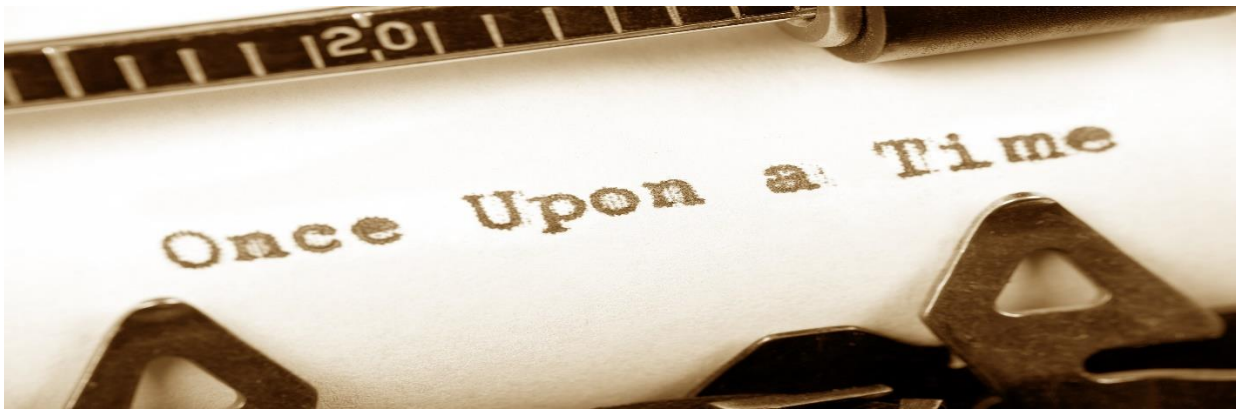


***What does expressing ourselves mean?***

Self-expression is about how you as an individual communicates with the world you live in. Expressing your thoughts and feelings in a way that isn't always word, can help with better communication and the understanding of others. Many young people express themselves with their own unique way, some do this by dressing a certain way or through different types of hairstyles.

Self-expression can be a way of you telling YOUR story, the true you. Expressing your thoughts and feelings can be done through lots of different ways which can include acting, art, dancing, singing or writing.

## Some creative ways to express yourself







Here are some of our fabulous staff supporting children's Mental Health Week – Can you guess what two words the teachers are trying to spell ?





## MUSIC & WELLBEING



Mrs Hudson shares with us how music helped her during lockdown and how music can help you too.

### Music and your wellbeing – expressing yourself

“Music speaks what cannot be expressed, soothes the mind and gives it rest; heals the heart and makes it whole, flows from heaven to the soul.” –  
Author Unknown

In these difficult times music can play a crucial role in helping lift our spirits. At the beginning of lockdown in March, I created my own playlist with favourite songs. I waded through the decades finding great songs and added others that were pupils’ suggestions. It helped tremendously to get through the long days!

Here are some things you could do to help your wellbeing:

- Create a playlist full of uplifting songs to improve your mood.
- Listen to a type of music you’re not too familiar with – you may come to like it!
- Have a go at writing some lyrics expressing your feelings.
- Try to compose a tune to your own lyrics.
- Get together with your friends online (in a safe way) and write a song together about your experiences.
- If you have instruments at home play tunes you enjoy. If not, there are lots of free apps/virtual instruments you can try out.
- Sing along to your favourite tracks and get your family involved too!

If you would like to know more about how music can improve your wellbeing please contact Mrs Hudson or Mr Haworth.





## ART



Mrs Pope from our Art department shares ideas how we can be creative and express ourselves through art.

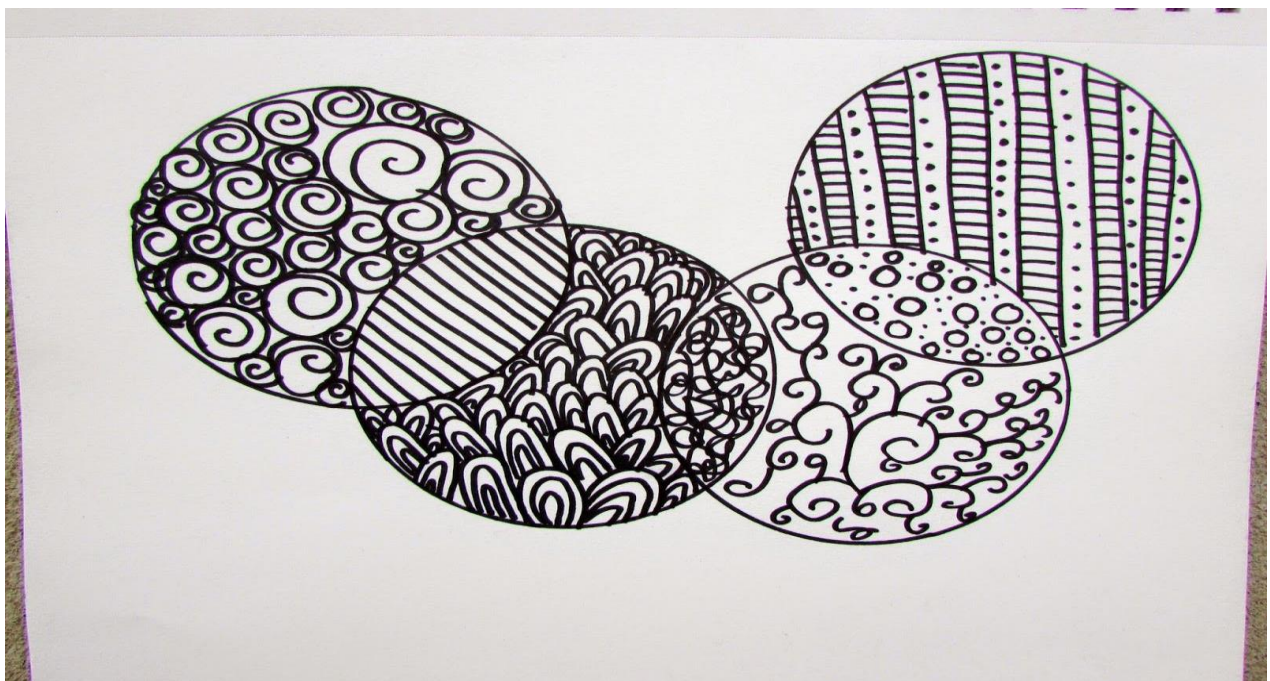
Mrs Pope writes...

“It is always good to get doodling and it is a way for you to enjoy drawing without worrying about the result. Filling the page with lines and patterns is all it takes. Add colours or draw the lines in colour pens or felt tips. Repeat the same shapes, for example try drawing hearts, circles, spiral repeatedly. There is no need to rub anything out as there is no right or wrong way to do it. Check out mindful doodles - YouTube or search ZEN tangles for ideas.

[https://www.youtube.com/watch?v=Lm8Q6p93JI&list=PL\\_aQ6ZKfHtWGthAFgLSXfBs-HHIFSbbIN](https://www.youtube.com/watch?v=Lm8Q6p93JI&list=PL_aQ6ZKfHtWGthAFgLSXfBs-HHIFSbbIN)

<https://www.youtube.com/watch?v=qBwHUKHUdD8>

You could also check out the new TV series based on TOM GATES books. The series features a combination of 2D and stop-motion animation, with live action footage, and includes interactive games, songs and jokes. It demonstrates how to draw the characters in the books.



# SARCHS WORDSEARCH

W	A	M	R	W	R	I	G	H	T
E	N	G	L	I	S	H	O	I	E
L	I	R	I	F	O	O	D	S	C
L	T	O	S	C	G	S	O	T	H
B	A	W	T	I	E	A	S	O	N
E	B	I	E	S	O	R	E	R	O
I	L	N	N	U	G	C	I	Y	L
N	E	P	A	M	R	H	E	O	O
G	P	O	O	M	A	S	N	U	G
M	A	T	H	S	P	P	C	M	Y
F	R	E	N	C	H	E	E	R	S
A	T	I	C	K	Y	N	G	C	M
L	I	B	R	A	R	Y	O	U	A
L	E	A	R	N	I	N	G	R	E
S	U	P	P	O	R	T	A	L	T
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U	Y	R	A	F	R	I	E	N	D
P	E	L	B	I	B	O	O	K	S
D	N	I	K	C	H	U	R	C	H
E	X	P	R	E	S	S	I	N	G
J	O	Y	O	U	R	S	E	L	F
F	O	R	M	L	O	O	H	C	S

Able	Anita	Art	Bible	Book	Church	Do	Ego	English
Expressing yourself		Eye	Food	Form	French	Friend	Geography	God
Grow	History	Joy	Kind	Learning support		Library	Listen	Map
Maths	Mr Curl	Music	Mr Wright	Office	Pen	PE	RE	SARCHS
Science	School	Soup	Teams	Technology	Tick	Wellbeing	Win	You

WOULD YOU LIKE TO WIN A BOX OF HARIBO'S FOR YOUR FORM?

All you need to do is send a picture or video of creative ways of you expressing yourself.



Some ideas:

Singing a song, painting a picture, writing a poem, baking, writing a story, dancing, taking photo's, playing a music instrument or designing clothes. Remember expressing yourself is about showing your thoughts and feelings through creation.

You need to have your entries in by 12<sup>th</sup> February 2021. Mrs Baldwin and your Year Leader will decide if you're the winner.

Mrs Baldwin [baldwinl@sarchs.com](mailto:baldwinl@sarchs.com)



## Contacts for Pupils with Wellbeing Concerns



At SARCHS we have a wide range of wellbeing support for pupils. If you have a wellbeing concern you can always email your Year Leader, Pupil Wellbeing Worker, Mrs Day or Mrs Baldwin. You can also report any wellbeing concerns via the school website; look out for the link below.

Mrs Lowe – Head of Y7 [Lowek@sarchs.com](mailto:Lowek@sarchs.com)

Miss Newton – Head of Y8 [newtonl@sarchs.com](mailto:newtonl@sarchs.com)

Mr Simcoe – Head of Y9 [simcoe@sarchs.com](mailto:simcoe@sarchs.com)

Mr Kelly – Head of Y10 [kellya@sarchs.com](mailto:kellya@sarchs.com)

Mr Haworth Head of Y11 [haworthm@sarchs.com](mailto:haworthm@sarchs.com)

Mrs Day – Head of Learning support [dayj@sarchs.com](mailto:dayj@sarchs.com)

Mrs Baldwin – School Counsellor [baldwinl@sarchs.com](mailto:baldwinl@sarchs.com)

Mrs O'Malley – Pupil wellbeing assistant [omalleyk@sarchs.com](mailto:omalleyk@sarchs.com)

Mrs McGee – Pupil wellbeing assistant [mcgeec@sarchs.com](mailto:mcgeec@sarchs.com)

Mrs Lewis – Pupil wellbeing assistant [lewisv@sarchs.com](mailto:lewisv@sarchs.com)

Mrs Gregory – Pupil wellbeing assistant [gregory@sarchs.com](mailto:gregory@sarchs.com)

Miss Corns – Pupil wellbeing assistant [cornsn@sarchs.com](mailto:cornsn@sarchs.com)

[www.sarchs.com](http://www.sarchs.com)







## Information for pupil's and parents on our local children's mental health service ELCAS.



**East Lancashire Hospitals**  
NHS Trust

# Young People's Mental Health

**Concerned about your Mental Health?  
Are you under 18 or concerned about  
someone under 18?**

**Advice sessions are available on-line via  
Attend Anywhere**

Log on using the hyperlink - <https://nhs.vc/HLSC/CAMHS>

Enter the word "drop" as the first name and "in" as the second name followed by your date of birth. You will then enter our virtual waiting area where we will collect you.

Wed	3 <sup>rd</sup>	February	3pm - 5pm
Tues	9 <sup>th</sup>	February	5pm - 7pm
Tues	23 <sup>rd</sup>	February	1pm - 3pm

**Safe | Personal | Effective**



Be who God  
meant you to be  
and you will  
set the world  
on fire!

ST CATHERINE OF SIENA



Salford Diocese Deanery  
of John Southworth



SYM