

PROUD TO SUPPORT



6-12
FEBRUARY
2023



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Saint Augustine's Roman Catholic High School Mental Health Week 2023 Newsletter

This week (6th-10th February) we are marking Children's Mental Health Week in school. This year's national theme is 'Connection'. We'll be using the week to promote mental health awareness and the importance of making healthy connections with each other. This is an opportunity to promote the vast array of support we already have in school as well as helping pupils gain a better understanding of how they can look after their own mental health and wellbeing.

As part of Children's Mental Health Week and as Safeguarding Ambassadors at St. Augustine's RC High School, we wanted to create a newsletter to spread awareness about what both the school community and Place2Be are doing to promote the mental wellbeing of our pupils.

Place2Be launched the first-ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. The theme of this year is 'Let's Connect'.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week – and beyond.

We hope you find the newsletter useful,

The Safeguarding Ambassador Team



Our Pastoral Team

The SARCHS pastoral Team have been trained to an advanced level on all aspects of safeguarding and promoting wellbeing. The team is available to any pupil, parent or school staff member to discuss and report any concerns and also to promote wellbeing.

The team members are as follows: Mrs Juriansz (Deputy Head), Mrs Bleazard and Mrs Rutter (Assistant Headteachers), Miss Wilson (School Counsellor), Mr Kelly (Year 7 Leader), Mr Haworth (Year 8 Leader), Mrs Lowe (Year 9 Leader), Miss Newton (Year 10 Leader), Mr Simcoe (Year 11 Leader), Mrs O'Malley, Mr Jason Crossley-Haworth, Mrs Lewis & Mrs Gregory (Pupil Support Room), Mrs Cobb (School Chaplain).

www.sarchs.com
01254 823362

Support available to you in school...

- Form Teachers
- Year Leaders
- Subject Teachers
- Curriculum Leaders
- Learning Support Staff
- PSR Staff; Mrs O'Malley, Mrs Lewis, Mrs Gregory & Mr Crossley-Howarth
- School Counsellor: Clare
- School Chaplain: Anita
- Wellbeing and Safeguarding Ambassadors

Do you want to report a wellbeing concern to school? If so, click on any of the images below:



The Importance of Sleep Zzzzzzzzz

We spend approximately a third of our lives asleep. Sleep is essential for us as we cannot function without it. It is just as important for us as eating, drinking and breathing, is to maintain good mental and physical health. There is no set amount of sleep for everyone, some people need more sleep than others but research shows that teenagers like ourselves need at least 8 hours each night to function effectively. However, it's not only about how long you sleep for that's important but also how well you sleep as well, as good quality sleep allows us to process information, store memories, and reset our body for the next day.

Sleep is vital as poor sleep over a long period of time can lead to a number of problems, including poor concentration, lapses in memory, and irritability. It can also increase the risk of poor health, and poor health makes it harder to sleep. Our ability to sleep is controlled by how sleepy we feel and our sleep pattern. One way you can improve your sleep is by setting a reminder on your phone to tell you when to go to bed as it will create a routine for your body to get used to and will make it easier for you to fall asleep.



Keeping Organised

Whether in school or at home, being organised is extremely important to enhance your wellbeing.

Clutter can make you feel stressed and anxious, so organising it can allow your brain to focus on what's really important. It also helps once you know where everything is, you will be able to find things with ease and avoid last minute panic.

Keeping up with homework or revision also helps you feel calmer and using your planner can help with checking things off so you have a clear idea of what is due and when.



Safe, Happy and Successful



Nutrition

Making healthy decisions about what we eat and drink can help both our physical and mental wellbeing.

Our bodies need energy to function and grow. Calories from food and drinks give us that energy. Think of food as energy to charge up your battery for the day. Throughout the day, you use energy from the battery to think and move, so you need to eat and drink to stay powered up. Balancing the energy, you take in through food and drinks with the energy you use for growth, activity, and daily living is called "energy balance." Energy balance may help you stay a healthy weight too.

Healthy Eating Tips

- Try to limit foods like biscuits, sweets, frozen desserts, crisps, and fries, which often have a lot of sugar, unhealthy fat, and salt.
- For a quick snack, try recharging with a pear, apple, or banana; a small bag of baby carrots; or hummus with sliced veggies.
- Don't add sugar to your food and drinks.
- Drink fat-free or low-fat milk and avoid sugary drinks. Fizzy pop, energy drinks, sweet tea, and some juices have added sugars, a source of extra calories.



Did you know?

Many teens need more of these nutrients:

- **calcium**, to build strong bones and teeth. Good sources of calcium are fat-free or low-fat milk, yogurt, and cheese.
- **vitamin D**, to keep bones healthy. Good sources of vitamin D include orange juice, whole oranges, tuna, and fat-free or low-fat milk.
- **potassium**, to help lower blood pressure. Try a banana, or baked potato with the skin, for a potassium boost.
- **fibre**, to help you stay regular and feel full. Good sources of fibre include beans and celery.
- **protein**, to power you up and help you grow strong. Eggs; tofu; legumes, such as lentils and peas; and chicken, fish, and low-fat meats are all good sources of protein.
- **iron**, to help you grow. Red meat contains a form of iron that your body absorbs best. Spinach, beans, peas, and iron-fortified cereals are also sources of iron. You can help your body absorb the iron from these foods better when you also eat foods with vitamin C, like an orange.



Meet our Pupil Safeguarding Ambassadors



As Pupil Safeguarding Ambassadors, there is a very important role to fulfil, including but not limited to the following:

- ✓ To ensure all people within our school feel safe, happy and successful
- ✓ To listen to and support pupils with concerns such as wellbeing, bullying and harassment.
- ✓ There's no problem too big or too small! They can also help with any concerns you have about lessons.

Since their safeguarding training, they are now able to offer a pupil-on-pupil support network, acting as a bridge between pupils and a member of the safeguarding team. This means that pupils do not need to approach a member of staff directly with any issues – Pupil Safeguarding Ambassadors will do that for you!

Ambassadors can be found in the Library during the second half of lunch every day.



We're trying to make it a fun environment too with board games and maybe other activities.

Why talk to a safeguarding ambassador?

Safeguarding ambassadors are specially trained to support pupils with any issues and are sometimes a more welcoming alternative than talking to a teacher.



drop in sessions

Safeguarding ambassadors

(Rm 31 — 2nd half of lunch)

Where/when do I go?

Room 31 (Mr Lowe's RE room)

2nd half of lunch 12:45 - 1:15pm

What issues can I talk about?

You can talk about any issues ranging from school work to bullying or any difficulties at home

Severe issues do have to be reported to a member of SLT but coming to us first will make the process as comfortable as possible



What are they?

Drop in sessions open to any pupil that run every day that aim to support people with in and out of school issues, who would rather talk to a pupil than a teacher.

Exercise

Here are seven ways that exercise makes your life better.

1. You sleep better

There is a strong link between exercising and getting better sleep.

If you get better quality sleep then you feel more energised the next day.

2. It reduces your stress levels

Stress can creep up on you, whether it's exam stress, worry about friendships or family responsibilities. Exercise releases 'feel good hormones' produced by your brain into your body that give you a happy feeling, helping you to reduce your stress levels and leaving you better able to cope.

3. It makes you physically and mentally stronger

Exercise not only gives your body a work out, it's good for your brain too.

Brain – Exercise releases a protein that is great for the neurons in your brain; it increases your brain power and improves your memory and concentration.

Body – Exercising increases muscle strength and also bone strength. And, by working out regularly, you're helping your body's immune system to fight off any illnesses.



4. It gives you more energy

Any exercise that gets your heart racing releases 'feel good' endorphins which increase your energy levels, leaving you better able to face the challenges of the day.

5. It improves your coordination and balance

Having good balance and coordination, and core strength, which you can develop through exercise, helps you to have better posture and a stronger spine. You are less likely to experience serious injuries.

6. It improves your cardiovascular fitness

By increasing your heart rate, you strengthen your heart, increase stamina, improve blood flow, burn fat and improve your body's ability to deliver oxygen and energy to your muscles.

7. It increases self confidence

By exercising you can take care of what's most important: your health, so you can feel really good about yourself.

Exercise triggers the production of antioxidants; chemicals which are produced naturally to help fight infections against your body. Antioxidants also affect the way you feel about yourself. As you get stronger and healthier, you may also feel happier and more confident.



Activities in School

Lunchtime drop-in sessions:

- Green Room – Lunchtimes 12.45-1.15pm. Hot chocolate & chat.
- Opportunities for one-to one chat with a member of staff, activities or just quiet space.
- Mon - Y11; Tues – Y9; Weds – Y10; Thurs – Y7; Fri – Y8

Activities in Chaplaincy–

- Mon – relaxation/meditation Y7-9 – chapel - 12.45pm;
- Tues – relaxation/meditation Y10/11 - chapel 12.45pm;
- Weds – calligraphy with Anita & Mr Hayes (Rm 33);
- Thurs – art club with Anita & Mr Hayes (Rm 33);
- Fri – board games (Rm 33)
- Safeguarding Ambassadors' drop-in sessions every lunchtime (room 31)
- Form time activities (including house poster competition)
- Assemblies
- Well-being passport competition (info in form time/assembly)
- Extra-curricular activities/clubs

Top Tips for Staying Safe Online

Talk about your life online

Even if you enjoy using technology on your own, it is important to talk about your online experiences. You can talk to parents and carers, teachers, friends, and family members. You can share experiences, share ideas, and even share your own top tips to help make your time online as great as it can be.

Talk about the importance of kindness and respect online

We all know we should treat people online with respect, so talk about how to show kindness with your friends. Do they like seeing funny videos? What support can you give when they've had a bad time online? Remember you should also talk to an adult if someone has been unkind or disrespectful to you or a friend.

Talk about your online friendships

The internet is a great tool for staying in touch with friends, but sometimes chatting online can be tricky. If you've fallen out or had a disagreement, remember that a face to face conversation might help. The adults in your life can also support you with this by making sure that your online friendships are positive and safe, so talk to them about who you're talking to!

Talk about how and where to get help

The internet is amazing, but sometimes things can go wrong. There are so many ways to get help and talking is the first step. Talk to a parent or carer, a teacher, or another trusted adult who can help. You could even talk to a friend first, and then talk to an adult together.

Talk about consent before taking, posting, sharing or sending

Make sure that everyone featured in a post, photo or video is happy with it and agreed before you post it. Don't assume that because someone let you post something before that they are okay with you posting or sharing again. Ask every time and show respect for their decision.

Talk about causes that matter to you

The internet can be a wonderful place to find and support political and social causes which are important to you. Look for accounts, influencers and communities that share your interests and values. Remember to also read up on different perspectives and think critically about what you're seeing and hearing – talking to friends and family when you're not sure can be really helpful too.

Talk about how to be aware of online risks

Talk to siblings, friends and family about what they might be doing online, and what they do to keep themselves safe. Don't be afraid to share your expertise – we're all learning and sharing tips and tricks can help make the internet a more positive place for everyone.

Useful Resources and Support

Useful Online Safety Websites

National Online Safety – safety guides on ALL aspects of internet use
<https://nationalonlinesafety.com/>

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.
<https://www.internetmatters.org/>

Useful contacts to report a concern

If you are worried and need help, then please contact one of the following:

Tel: 0800 1111

www.ceop.police.uk

Web:

www.childline.co.uk

childline



Lancashire Children's Services

0300 123 6720



Kooth is a free, safe and anonymous online mental wellbeing community which includes a live chat with the team feature, discussion boards, magazines and helpful articles and a daily journal.



Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call 0800 068 4141 or text 07860 039967 (opening hours: 9.00am – 12.00am, 365 days a year)

SAMARITANS

Samaritans are here to listen 24/7, 365 days a year. Call 116 123 for support

Online Resources

There are apps available, such as 'Calm Harm' and 'Clear Fear' that you can download to your mobile, or if you have a tablet. These can provide useful distraction techniques for managing anxiety and thoughts of self-harm.

Additionally, on the internet there are websites such as 'Young Minds' that you could access for self-help and information in regards to supporting your mental health at home.

Useful Contact Numbers

- The Mental Health Crisis Line in Lancashire are available 24/7 over the phone and can be contacted on 0800 953 0110
- The Well-Being Helpline is available Monday – Friday, 7.00pm – 11.00pm plus Saturday & Sunday 12.00pm – 12.00am, it is staffed by volunteers who can offer emotional support or if you would like to chat about your mental health. This helpline can be reached on 0800 915 4640 or by texting the word 'Hello@' to 07860 022846
- Hopeline UK is a young person's suicide prevention charity. They can be called on 0800 068 4141 or text 07860 039967



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