



Saint Augustine's Roman Catholic High School Wellbeing Newsletter Autumn 2022

On World Mental Health Day, welcome to the latest edition of the St. Augustine's Wellbeing Newsletter.

Our school is committed to promoting the wellbeing of all staff and pupils. We believe that if they feel safe, happy and successful, this creates a positive learning environment.

This newsletter will be completely dedicated to promoting the health and wellbeing of the school community. The aim of the newsletter is to raise awareness of healthy behaviours and to provide some useful tips, to signpost resources and support that is available to access and also reintroduce our school pastoral team.

We hope that you find it useful.



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 9 Leader), Mrs O'Malley, Mrs McGee, Mrs Lewis & Mrs Gregory (Pupil Support Room), Mrs Cobb (School Chaplain).

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The World Health Organisation recognises World Mental Health Day on 10 October every year.

The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, is '**Make mental health and wellbeing for all a global priority**'.

Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. We need to do as much as possible to prevent mental ill-health – as individuals and as a society. The World Health Organisation will continue to call on national and local government to prioritise reducing the factors known to pose a risk to people's mental health, enhancing those known to protect it and creating the conditions needed for people to thrive.

World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

Some great Mental Health resources and information can be found using the below links:

<https://www.youngminds.org.uk/support-us/fundraising/sign-up-to-helloyellow/>
<https://www.mind.org.uk/get-involved/world-mental-health-day/>



Along with World Mental Health Day, we are also very excited to welcome Alex Roper who will assess all the work we have done towards the **Wellbeing Award for Schools**. Alex will look at the work we have done to meet the 8 objectives set by the awarding body.

We have learned so much throughout our W.A.S. journey and have strengthened our mental health and emotional wellbeing provision for all members of our community ensuring that we all strive to be safe, happy and successful.

For more information on mental health, emotional wellbeing and our bid to achieve the Wellbeing Award for Schools, please see the Wellbeing area on the school website.

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



Safe, Happy and Successful



The Importance of Sleep

Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression. There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

Tips to getting a better sleep

1. Try to go to bed to sleep and wake up at the same time every day (even the weekends!)
2. Don't eat late in the evening
3. Take a relaxing bath or shower
4. Exercise during the day
5. No screens in bed!



The Importance of Routine

Predictable, repetitive routines have been proven to be calming and help reduce anxiety. This is partly because they give you a sense of control over your day, and that then expands out into feeling in control of your life. There is also a sense of relief in achieving everything you need to do, which in turn reduces anxiety and stress.

Tips on how to get into a routine

1. Decide what needs to be in your routine. Do you want to get more exercise or more alone time?
2. Set small goals. Break each large goal into smaller goals - work your way up to something you want to accomplish.
3. Layout a plan - add in what you want to accomplish with your routine. Want to get more exercise? Start a new hobby?
4. Be consistent with time - time is important for your routine, keep track of the time so you know what is coming up next.
5. Make it fun! Have fun with your routine don't add in something you're not going to enjoy.
6. Track your progress - are you sticking to the routine? If so, then well done and keep it up. If not, then look for where you can improve.
7. Reward yourself.





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.



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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

Lancashire Children's Services

0300 123 6720

Web:

www.childline.co.uk

childline



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



Safe, Happy and Successful



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