



Kingswinford Academy

A part of Windsor Academy Trust

October 2022 Issue 3 (HT1): Mental Health and Wellbeing Newsletter:

Welcome to the first Mental Health and Wellbeing Newsletter of this academic year. With the Autumn Term well and truly underway, it has been a peaceful and positive start to the academic year for all of our students, and our whole school community. Starting a new year group and, for some, a new school, can be a daunting and anxious time. We recognise this and work together to make sure that we provide a consistent, safe and happy environment for all.

YoungMinds is a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need. They have created an amazing resource called [Find Your Feet](#), which can help young people learn how to cope with the changes associated with moving from primary to secondary school. Please click on the link to access the resource. Take a look! There are lots of activities you can complete.

Activity 2: Personal strengths

What are personal strengths?

Our personal strengths are the things we are good at, whether that's because of a natural ability or through lots of learning and practising. They can be creative activities, or sport related. They can also be simple things, such as being a good friend, or a good listener - we are all good at something!

Why is this important?

It can be difficult to think about what we are good at sometimes because we don't often take enough time to appreciate ourselves and our strengths. Understanding our strengths helps us to be better prepared for dealing with change, and the feelings that come with it.

Activity:

- Using the speech bubble on page 8, write down something that you think you are good at on the blank line - have a read of the tips on the right if you find this activity tricky! Below are some examples you can use if you get really stuck:
 - Being a good friend/listener
 - Sports, i.e. football, dance
 - Arts, i.e. drawing, singing
- On page 9 there are some "because" stars, which will need to be cut out carefully (ask an adult to help if needed). On each star, write a reason/skill that makes you good at the personal strength you have written in your speech bubble, for example:



- Stick your 3 stars onto your speech bubble.

Time:
15 - 20 mins

What you will need:

- Personal strengths - Speech bubble (page 8)
- Personal strengths - Stars (page 9)
- Pens/pencils
- Scissors
- Glue/blu tack/sellotape
- Extra paper (for extension activity)

If you get stuck:

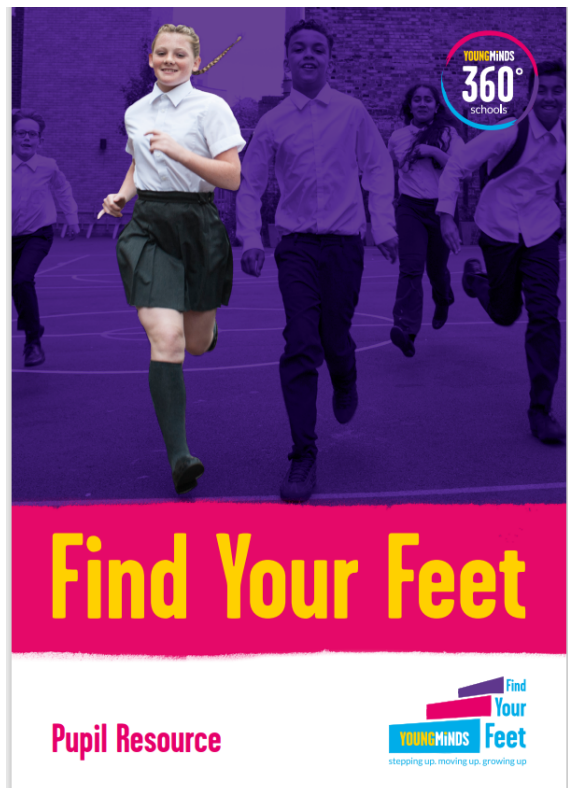
Try and think about what your friends/family might say you are good at, or ask them if they are nearby!

Think about what skills you use/need to be good at this.

Extension activity:

Have a go at thinking about two more personal strengths, and what you think makes you good at them. You can draw your own speech bubbles on a piece of plain A4 paper, and write the reasons on the back.

Tell a friend or family member what you think they are good at and why.



World Mental Health Day was on 10.10.2022. The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, was 'Make mental health and wellbeing for all a global priority'. On World Mental Health Day, thousands across the country came together to highlight mental health and to unite to help educate, inform, and to reduce stigma and discrimination. As a school, we took part in Assemblies and completed activities during Form Time. See the [World Mental Health Day Message 2022](#) here. **YOUR MENTAL HEALTH AND WELLBEING MATTERS!**



We also acknowledged OCD Awareness Week this half term. Launched in 2009 by the International OCD Foundation, OCD Awareness Week aims to raise understanding and awareness of what OCD is, and how it affects people. It runs from 10-16th October and is celebrated by organisations and individuals worldwide. If you have obsessive compulsive disorder (OCD), you have obsessive thoughts and compulsive rituals and behaviours. For over 25 years OCD Action has been delivering frontline services which make a tangible and long-term difference to the lives of people with OCD, their families, carers and friends. OCD Action has a vision of a time when OCD is well understood and everyone gets the treatment and the support they need when they need it. Please visit [OCD Action](#) or [Mind](#) for more information about OCD and ways to support.



Year 11 will be sitting their Mock Examinations shortly. We wish them good luck. It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits. If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:



Let your trusted friends and family know if you are struggling

so they can be there to support you, encourage you and offer a listening ear. You don't have to go through this alone. Keeping it all in will only make things worse in the long run, so don't be afraid to open up.



Ask for help. Think about all the practical support you need

and be honest with yourself about it. You are allowed to ask for help. Talk through your concerns with your teacher/tutor who can let you know what support your school, college or uni can offer you. They will have spoken to lots of students before who are going through similar things.



Try finding a study group, or start your own

Working through problems with other students can be a nice way to keep your social life going and boost your morale.

Be kind to yourself

Think about all the things you have achieved so far. It can be helpful to write a list of all the things you like about yourself, and the things other people value about you too.

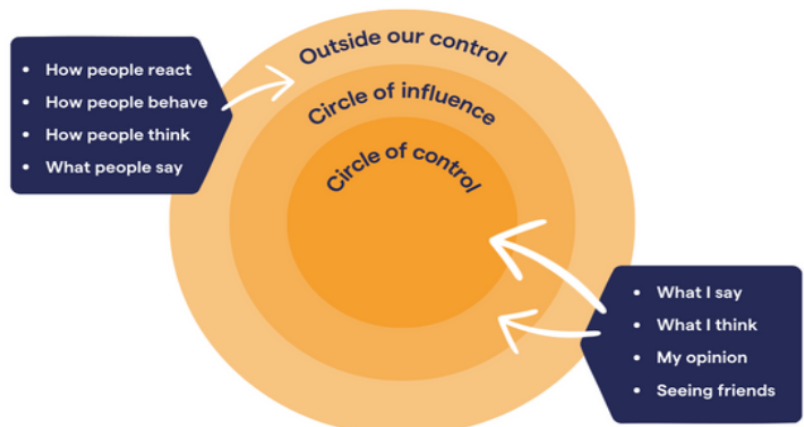
If people around you - like your parents or family - are putting pressure on you, it can help to tell them what you feel able to achieve, and let them know that your expectations are different to theirs. You could also talk to a teacher you trust about the pressure you are under at home.



What's in your circle of control?

When thinking about how to look after Number 1, a great place to start is visualising what's in your 'circle of control'. What aspects of your life can you make a priority? What brings meaning and comfort in your life? Are they within your control?

You're sure to find something that within your circle of control that can bring about a positive impact on your mental health.





Preparing to chat about your mental health

Firstly, remember that some mental health conditions can make you feel isolated and lonely, so the first step really is acknowledging that and reaching out.

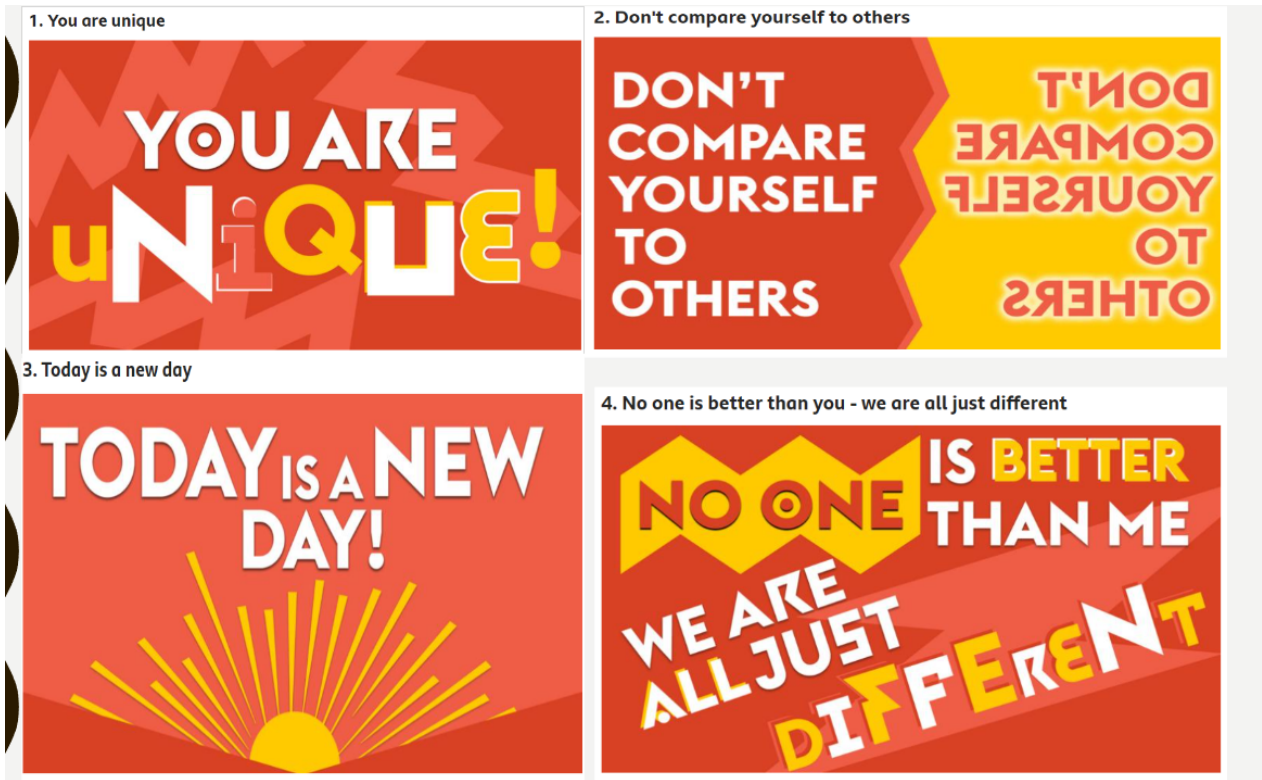
Some things that can help with that are:

- Writing a list of how you feel or things you want to speak about
- Researching some online resources that you can share or refer to when talking about what's going on
- It planning to talk to a partner or friend or family member, setting a time to meet up, when you know you won't be distracted or disturbed

Remember, that it's okay to talk about your mental health. Many people have experienced highs and lows.

Our Wellbeing Ambassadors will be available from this half a term at break and lunch times to support you with any worries or concerns you may have. More information to follow this half a term. Look on Google Classroom and listen in Form for further announcements.

REMEMBER:



Challenge yourself to New Ways November. Each day, there is an activity you can complete to support your Mental Health and Wellbeing.

New Ways November 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	
	7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax
	14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before
	21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it
	28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times				

Mental Health and Wellbeing Helpful organisations

(links will not work - Taken from QPHS.CO.UK)

Kooth Healthy Young Minds



Kooth is an online mental wellbeing community offering free, safe and anonymous on line chat and emotional wellbeing service for young people aged 11-24 years.

If you need to talk they are online until 10pm everyday.

Young Minds



Young Minds is a charity which focuses on young people's mental health and emotional well-being.

The [website](#) includes downloadable information leaflets on a range of topics, including self-harm, aimed at both young people and adults.

Every Mind Matters



Having good mental health helps us relax more, achieve more and enjoy our lives more.

There are simple things we can all do to look after our mental health and well-being with expert advice and practical tips, so get in touch today.

Childline



Childline provides support to young people who have concerns about themselves or their friends. The trained listeners will never break confidentiality or judge. They are available 24 hours a day, every day of the year.

Call them on 0800 11 11 or talk to them online at www.childline.org.

Self harm UK



This is a website developed by someone who used to self-harm, providing lots of support and information including access to 'Alumina' - a six week online programme to help you overcome self-harm. You can also self-refer.

Find out more information and get in touch with the team at www.selfharm.co.uk

Beat Eating Disorders



Beat is UK's leading charity that supports anyone affected by eating disorders or difficulties with food, weight or shape.

They have trained support workers who also host anonymous support chat groups online for young people, adults, and those whose friends or loved ones have an eating disorder.

Call them on 08080 801 0677 or talk to them online at www.beat.co.uk

The Mix



The Mix is the UK's leading support service for young people. They are there to help you take on any challenge you are facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

Talk to them [online](#), on social media or call their free, confidential helpline on 0808 808 4992.

Samaritans



Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland. Samaritans are available 24 hours a day, 365 days a year.

Call them on 116 123, email the team, or find more info online at www.samaritans.org.

CONFIDENTIAL
NO MATTER WHAT

0800 58 58 58 | THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN AGAINST LIVING MISERABLY
CALM

TEXT SHOUT TO
85258
 here for you 24/7

TEXT SHOUT TO
shout
 TO
85258

TEXT US NOW

STARTING WELL
www.startingwell.org.uk

Starting Well Online Chat sessions are available to young people aged 11 to 19, who live or attend school or college within Cheshire West and Chester. The Service offers a friendly supportive experience for young people who may need advice about their physical or emotional health.

PAPYRUS
 PREVENTION OF YOUNG SUICIDE

**SPOT THE SIGNS.
 FIND OUT HOW TO
 TALK OPENLY
 ABOUT SUICIDE**

SPOT THE SIGNS

Any concerns, please see Miss Hall, Mental Health and Wellbeing Lead.