



WEEKLY WELFARE NEWSLETTER

Edition 21 – Mental Health Week

Friday 5th February 2021

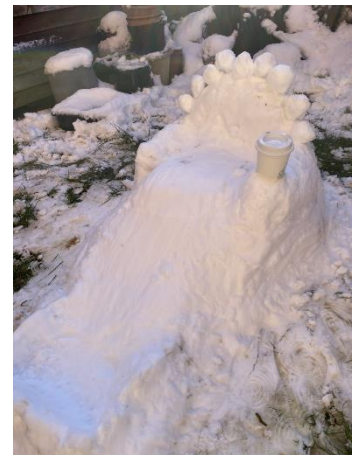
Good morning and welcome to the Mental Health Week special newsletter. There is lots of advice and support to help you. Make sure you watch the giant panda clip on page 3.

Positive news stories



Ice Chairs

Mrs Bull took advantage of an unusual material to make initial models for chairs with her year 12 students. What a fab idea!



Fun in the snow



'Our PWS Instagram followers were asked to tag and share their snow experiences from the snow day last weekend. We had a whopping 124 pictures and videos sent to us and shared with lots of incredible moments captured, including snowmen, snow angels, snow boarding, snow sunsets and snowy furry friends!! Here are some of our favourites...' Thanks to Miss Jessop for this.





Running for Cancer Research

Molly's Miles 🏃‍♀️

With the current global situation going on it's easy to forget how lucky the majority of us are. My sister works on a children's oncology ward, and everyday I hear about these remarkable children battling this terrible disease. It is heartbreaking when she comes home after seeing one too many children suffer and lose their fight to cancer. Last year my Grandad got diagnosed with prostate cancer; he's received excellent treatment and is doing really well, however it has still impacted both his and my Nana's life hugely.



I'm going to be running 56 miles in February in order to raise money and awareness for Cancer Research @cr_uk

With the latest announcements on lockdown, I thought this would be an excellent time to do this - it will not only benefit my health but hopefully make a positive impact on fighting this disease, that sadly too many people are diagnosed with in their lifetime. We need to make a difference!! Any donation would be appreciated. Whether you donate £5 or £500. Every little bit helps. Thank you for your support. I've included information about Cancer Research UK below. Together we will beat cancer.

If you would like to support Molly in her run for Cancer Research, please see the link below!

https://m.facebook.com/nt/screen/?params=%7B%22fundraiser_campaign_id%22%3A422555668795311%2C%22source%22%3A%22external_url%22%7D&path=%2Ffundraiser%2F&efsrc=https%3A%2F%2Fm.facebook.com%2Fdonate%2F422555668795311%2F&_rdr

Facebook pays all the processing fees for you, so 100% of your donation goes directly to the charity.

Molly Joslin

Tassomai App Learning

Here is a break down of the number of Science questions answered on Tassomai during this term - i.e. the current period of remote learning:

Y7 - 53128

Y8 - 65773

Y9 - 80901

Y10 - 86376

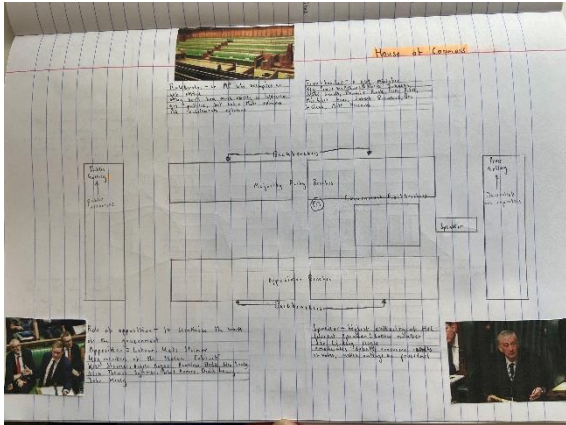
Y11 - 94023



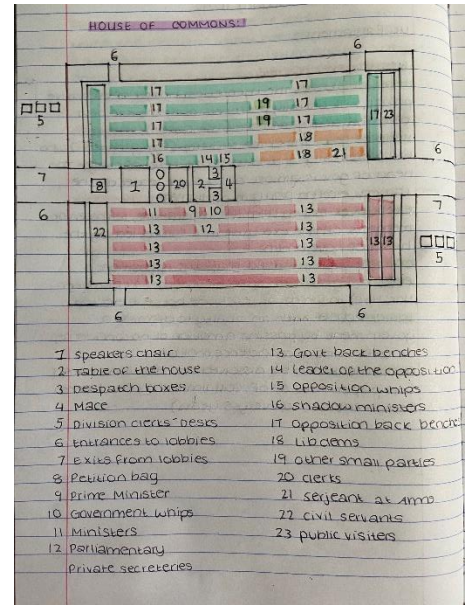
What superb figures – and last week's have been the best yet! Are you making three of your daily goals each week? Thanks Mr Campbell.



A level Politics work



'Some of my lovely yr 12 politicians doing some great work on the 2 houses in parliament - Ollie Brown and Mollie Scott!' Thanks to Mrs Croft for this.



- 1. Speaker's chair
- 2. Table of the house
- 3. Despatch boxes
- 4. Mace
- 5. Division clock - desks
- 6. Entrances to lobbies
- 7. Exits from lobbies
- 8. Petition bag
- 9. Prime Minister
- 10. Government whips
- 11. Ministers
- 12. Parliamentary private secretaries
- 13. Govt back benches
- 14. Leader of the opposition
- 15. Opposition whips
- 16. Shadow ministers
- 17. Opposition back benches
- 18. Librarians
- 19. Other small parties
- 20. Clerks
- 21. Serjeant at arms
- 22. Civil servants
- 23. Public visitors

A moment of mindfulness



[2021 01 31 Giant Pandas Mei Xiang Tian Tian Snow 003 YouTube](#)

Jan. 31, 2021 | Slides, somersaults and pure panda joy. Happy snow day from giant pandas Mei Xiang and Tian Tian! . . . Watch them on the Giant Panda Cam:

<https://nationalzoo.si.edu/webcams/panda-cam>.

www.youtube.com

Thanks to Mrs Jolley for this. Sit back and smile.

Visual update on Murphy





This week's recipe – Tortilla Pizza. Great work from Mylie Briggs!

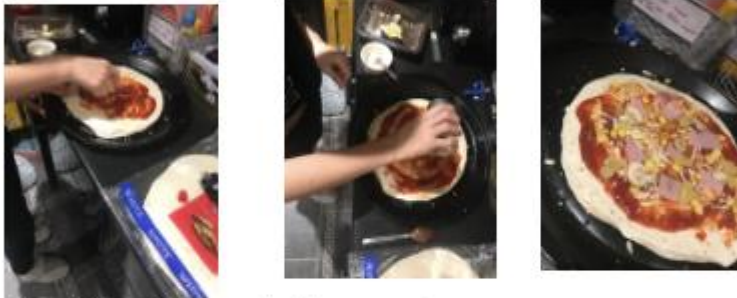
Tortilla pizza

Safety instructions

- please wash hand
- tie hair back
- put oven on 150°
- put apron on
- make sure you have oven gloves ready



- 1 Make garlic butter by crushing garlic and add butter and mix, put the oven on 150
- 2 use two large Tortillas use the garlic butter and and small amount of cheese to make a sandwich
- 3 cut some mushrooms, ham, pineapple and assemble the other toppings cheese sweet corn anything you would like.



- 4 spread the tomato base sauce and sprinkle oregano on top
- 5 using the ingredients place your selected ingredients on top
- 6 place in the oven for 10 minutes using an oven glove
- 7 remove from oven being careful as it's very hot
- 8 cut into slices and enjoy



*Remember to
wash all utensils
and your work
area and pack
away your
equipment and
ingredients*

Any school or local good news stories welcome. It could be a piece of outstanding work or a key moment for you. Email to antony.kennedy@pws.emat.uk



Children's Mental Health Week

This year, the theme is Express Yourself. Find out all about how to look after your mental health at [Children's Mental Health Week 2021](#) with an introduction by the Duchess of Cambridge.



For parents, there is a quick guide that is worth a look - [CMHW21 - parents and carers \(princewilliamacad.s3.amazonaws.com\)](#)

Our mental health first aider, Mrs Dawson, has put together this advice

'What is Mental Health? Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It is important at every stage of life, from childhood and adolescence right through to adulthood.

Mental Health affects everybody in some way or another; especially in these unprecedented times. Still to this day there is a huge stigma around mental health illnesses, but why? **It is okay not to be okay.** Within PWS, we have our mental health 'HUB', a place for students who are struggling to come and take any needed time out. We have two members of staff who work closely with the students, helping to support them in the best way possible.

Some early signs of poor mental health can include:

- Poor concentration
- being easily distracted
- excessive worrying
- feeling less interested in day-to-day activities
- low mood
- tearfulness
- sleeping more or less
- eating more or less
- irritable
- aggressive behaviour
- finding it difficult to control your emotions

What can we do if we are feeling down?

- Stick to a routine
- Find something you enjoy doing, such as reading
- Go out for some exercise!!
- Spend time with the people you love
- Learn a new skill
- Keep a diary/journal



How can you support someone with a mental health problem?

- Listen without making judgements and concentrate on their needs in that very moment.
- Ask them what would help them.
- Reassure them, let them know you are there to listen when they would like to talk.
- Be patient
- Do not force someone to talk or get help.
- Just be there

Due to the rise in mental health problems among individuals, there are many helplines out there for anyone who is struggling. Listed below are just a few...

- YoungMinds - [YoungMinds - children and young people's mental health charity](#)
- Place2be - [Improving children's mental health in schools – Place2Be](#)
- MIND - [Mind | Mind, the mental health charity - help for mental health problems](#)
- Every Mind Matters - [Every Mind Matters | One You \(www.nhs.uk\)](#)
- Time to change - [Time to Talk Day 2021 | Time To Change \(time-to-change.org.uk\)](#)
- Childline- [Childline | Childline](#)
- Samaritans - [Coronavirus and suicide risk \(samaritans.org\)](#)

As much as mental health is on the rise, we must remember that in the words of Sir Captain Tom Moore, 'Tomorrow will be a good day'. It is important to remember no one has to struggle in silence.



Quotes to reflect upon...

'All it takes is a beautiful fake smile to hide an injured soul, and they will never notice how broken you really are'

'The only thing more exhausting than having a mental illness, is pretending like you don't.'

'A warm smile is the universal language of kindness'

'Mental illness is not contagious, you cannot catch it by being kind'.

'It may be raining now, but the sun always comes out again'

Thanks Mrs Dawson



A Mental Health Tool Kit

- L – Let's talk
- O – Own your feelings
- C – Coronavirus
- K – Kit (wellbeing)
- D – Do things you enjoy
- O – Our Friends
- W – Worry and Anxiety
- N – NATS

Find out what these mean at the end of the newsletter!

Support for Parents from Souster Youth



Every day we learn a bit more about the impact of COVID-19 on a generation already facing unprecedented mental health challenges. If you're left with big questions you aren't alone!

What is going on? What can you do to help your child thrive? You'll get the latest research and practical tips in this fun and interactive seminar.

WHAT ARE OTHER PARENTS SAYING?

"Thanks so much. This was brilliant!"

"Very helpful supporting information."

"Such a difficult subject-we appreciate the support!"

"Really helpful, thanks. So many important reminders of how to speak with your children when they're down."

"Thank you for taking the time to help and deliver such useful info."

- SEMINAR: COVID-19 & Emotional Health
- VENUE: Online via Zoom
- DATE & TIME: 4th February 8-9.30pm OR 23rd February 8-9.30pm
- COST: **FREE BOOK HERE**



Follow this link to book into the FREE support seminar - <https://www.eventbrite.co.uk/e/covid-19-and-emotional-health-tickets-137597663315>

Youth Works workshops for parents and young people



Over the next ten weeks, Youth Works Northamptonshire will be offering a series of zoom workshops for parents and young people. Please see details below for the first session. This is **open to anyone** not just those living in Kettering.

Monday 8th Feb – Anxiety to register please visit [Youth Works Anxiety](#)



Have your say

Young Healthwatch Northamptonshire have designed a survey around COVID-19 and lockdowns. The project and survey have been designed by young people for young people and all of the responses are confidential.



The responses to the survey will be put together to form a report for to the public as well as decision makers in local health care services.

The survey is for young people aged between 11-19, living in Northamptonshire and will be open until the end of March.

Please visit [Northamptonshire Young Healthwatch Survey](#) to access the survey.

You can read more about the survey here:

[Young Healthwatch Northamptonshire are seeking the views on COVID-19 and lockdown from young people in Northamptonshire | Healthwatch Northamptonshire](#)

Planning the day

Here is a link to a really useful checklist to help you make the most out of your day.



[Supporting-home-learning-routines-Planning-the-day.pdf \(princewilliamacad.s3.amazonaws.com\)](#)

Support with ICT, data, and access to the internet

Just a quick update that the list of mobile companies in the government free data scheme has increased. Details can be found at [Increasing data allowances on mobile devices to support disadvantaged children - Get help with technology - GOV.UK \(education.gov.uk\)](#)

If you would like to apply to this scheme for free data for home learning, please contact Mrs Hill at school so that we can make the application. Holly.Hill@pws.emat.uk.

Words of the week

Here are our vocabulary development words for next week.

08/02/2021	derive	advocate	confine
	ethnic	decade	devote
	implement	facilitate	manual
	invest	incorporate	medium
	rely	undertake	nuclear

Challenge – can you write the shortest story that accurately uses all the words from your year group’s list? Thank you to Tendai and Anjola for their short stories. Really entertaining and down to 40 words with all the vocabulary included.

antony.kennedy@pws.emat.uk.



Support numbers and links

Staying safe online

If you are a parent with concerns related to the online safety of your child, then follow this link - <https://www.ceop.police.uk/Safety-Centre/>.

The Think U Know website is full of advice and guidance on how to stay safe online.

[Thinkuknow - home](#)

Childnet has an excellent information sheet about online safety for parents and young people - [Supporting-Young-People-Online.pdf \(childnet.com\)](#)

Support for students and parents

SSS Learning has some excellent advice for parents about helping your child with their mental health - <https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pj==s>

Kettering Mind have launched a new Student Mental Health and Wellbeing Service - www.ketteringmind.org.uk or contact Kettering Mind via email: info@ketteringmind.org.uk or telephone: 01536 523216.

Souster Youth Online – Our wonderful friends at Souster Youth are still offering their help over the internet just like last time. Find them on -

Click for more information and sign up:
sousteryouth.org/online-support

The NSPCC Domestic Abuse helpline on 0808 800 5000 for adults, young people, and children or you can email them at help@nspcc.org.uk. There is also the National Domestic Abuse helpline on 0808 2000 247.

Other key numbers you might need are Childline – 0800 1111 and The Samaritans – 116 123.

NHS support link - [Every Mind Matters | One You \(www.nhs.uk\)](#)

Barnardo's See, Hear, Respond initiative - [See, Hear, Respond | Barnardo's](#)

Support with Drug or Alcohol problems - <https://aquarius.org.uk/our-services/young-peoples-services/northampton-yp/>

As always, the pastoral team will still be providing whatever support is possible in the coming weeks and months. Joanne.Giddings@pws.emat.uk, Kelly.McGhee@pws.emat.uk, and Antony.Kennedy@pws.emat.uk are useful email addresses and we will do our best to get back to you as quickly as we can.

Keep safe,

Mr Kennedy



LOCKDOWN acronym

Let's Talk –

Do you feel you have someone you can talk to? Someone you can trust? It's important to talk about how you are feeling during this time, this could be family members, friends or support helplines. This is a difficult time and it is understandable and completely normal to feel that you need some extra support.

Not everyone has someone close that they can talk to about anything. If this is the case there are lots of organisations and help lines that can help young people. Don't be afraid to reach out and ask for help.

Here are three organisation who can help you to find someone to talk to:

Kooth – www.kooth.com

ChildLine – www.childline.org.uk

Mind – www.mind.org.uk

Young Minds – www.youngminds.org.uk

Own your feelings

When we talk about 'owning our feelings' it means we give ourselves permission to 'feel' and acknowledge our emotions. If we refuse to accept we are angry, frustrated, sad, anxious, scared or worried, it can be like vigorously shaking a can of coke and then popping the ring pull. All the pent up energy and emotions come busting out.

Remember feeling a certain way is how we respond to a situation. If something makes you angry, give yourself some time to explore why you feel angry, how it made your body feel, how long did you feel angry for? What helped you to get over the feeling of anger?

It can be helpful to write this down sometimes.

1. Can you remember the last time you felt SAD?
2. What made you feel sad?
3. How did it make your body feel? What colour does it make you think of?
4. How long did it last for?
5. What helped you to get over the feeling of sadness?

Coronavirus

There are some fantastic support pages from sites on Google that give you some coping techniques, practical or emotional, on how to deal with the Coronavirus Pandemic. Can you find these on line and give us some examples of this?

What are your thoughts and feelings on the Coronavirus?

1. Does it scare you?
2. Are you worries or anxious about getting sick or a member of your family getting sick?
3. Are you angry about the lockdown and not being able to see your friends?
4. Do you enjoy homeschooling or would you rather be back in the classroom?
5. How are you coping with the disruption of your routines?
6. How do you feel about exams if you were due to sit them this year?

<https://www.mind.org.uk/information-support/coronavirus/difficult-feelings-about-the-coronavirus-pandemic/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>



'Kit' (Wellbeing)

Mental health is not just the absence of mental disorder. It is a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community"

These are 10 ways that we can all make healthy choices that are beneficial to our mental health. If you notice that you are having a difficult day, check to see if there is something you could do to rebalance yourself.



Do things you enjoy.

Feel better doing more of the things that make you feel good actually gives you more energy. Try to notice the things that bring joy to your life (through achievement, enjoyment or closeness to others) and plan these into your week. But don't forget about the things which are important to do and would cause stress or negativity if they weren't done (homework, hygiene etc). By balancing the 'should dos' and the 'good to dos', you can maintain positive wellbeing.

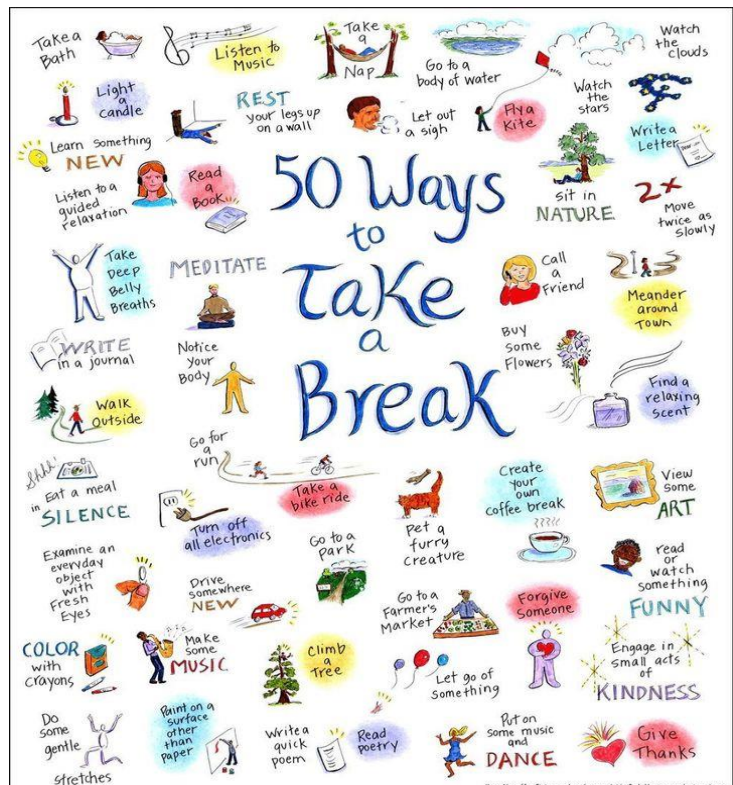
Our Friends and Family. Who's important?

During lockdown, being away from our friends can be the hardest part. At the moment, we cannot mix outside or inside with other people.

How have you been making sure you stay in contact with friends and family (maybe your family is made up of 2 households, or you used to spending time with grandparents aunts or uncles?)

How have you maintained contact with your friends and family?

It might be worth you making a plan of what you are going to do once the lockdown is lifted.

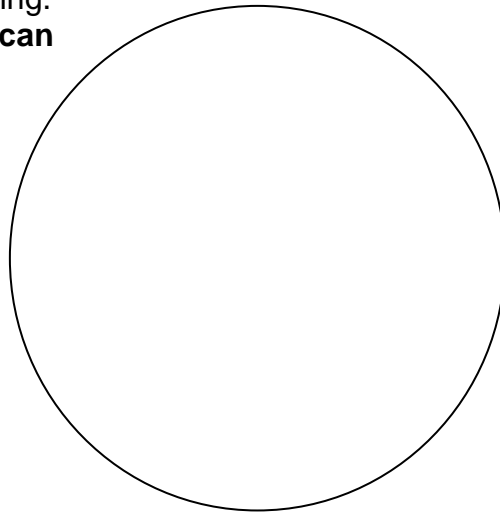




Worry

It's completely normal to worry about things in life, more so during a national Pandemic. It is something everyone does. But sometimes the worrying can happen too often or can be felt too strongly and this can make it difficult to feel positive or do the things you want to do. Try to notice the difference between thinking about something and worrying about something; does your body feel different, are your thoughts more negative? If so, try to minimize the amount of time you spend worrying.

Think about what you can control and what you can't; you could even create your own control circles like the one here.



Anxiety

Anxiety can include body signals like 'butterflies', a sinking feeling, tense or uncomfortable feelings, or 'nerves'. Everybody feels anxious sometimes, especially when faced with unfamiliar, dangerous or stressful situations. Anxiety is a **normal reaction** to challenging situations and is **very common in the teenage years**. This is because as a teenager you have new experiences, opportunities and challenges. You want more independence and your brain is changing.

For example, you might worry about starting secondary school, looking a particular way, fitting in with friends, sitting exams or performing in plays. Sometimes you might even have concerns about the world ending!

Also, as your independence increases, you might worry about being responsible for your own actions and getting a job. Feeling anxious is **part of the normal range of emotions**, just like feeling angry or embarrassed. For most teenagers, anxiety doesn't last and goes away on its own. But for some teenagers it doesn't go away or is so intense it that it stops them from doing everyday things.

It can result in panic attacks, being unable to leave the house or go to school, not feeling safe and secure with friends and friendships. It can show itself as a feeling of dread, nausea, hot sweats, inability to gather your thoughts, a feeling that you have to get away from a certain situation and many other symptoms. Some people even report a feeling that they are floating above themselves, not occupying their own body. This is to do with our fight and flight response.



Here are some coping techniques we can use.

The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

- 5** Acknowledge 5 things that you can see around you. (Illustrated with an eye icon)
- 4** Acknowledge 4 things that you can touch around you. (Illustrated with a hand pointing icon)
- 3** Acknowledge 3 things that you can hear around you. (Illustrated with an ear icon)
- 2** Acknowledge 2 things that you can smell around you. (Illustrated with a nose icon)
- 1** Acknowledge 1 thing that you can taste around you. (Illustrated with a tongue sticking out icon)

#DeStressMonday DeStressMonday.org **DE-STRESS MONDAY**

Square breathing This can be done whilst drawing a square or tracing one in the air. Time each side of the square as 4 seconds. So each square breath will take 16 seconds.

SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions

- body**: lay on the ground, press your toes into the floor, squeeze playdough
- 5 senses**: wear your favorite sweatshirt, use essential oils, make a cup of tea
- self-soothe**: take a shower or bath, find a grounding object, light a candle
- observe**: describe an object in detail: color, texture, shadow, light, shapes
- breathe**: practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8
- distract**: find all the square or green objects in the room, count by 7s, say the date

THE GROWLERY

NATS

NATs (Negative Automatic Thoughts) affect us all. They pop into our heads and can be really hard to ignore and even harder not to believe.

We all experience negative thoughts. What we need to try and do is ask ourselves:

1. Is this thought helpful?
2. Is this fact or opinion?
3. What evidence is there?
4. What advice would I give a friend?
5. Is there another way to see this?
6. How would someone else see this?



Can you think of a negative thought you have had lately and apply the counter questions here?



Negative thought

.....
Counter questions

1. Is this thought helpful?
2. Is this fact or opinion?
3. What evidence is there?
4. What advice would I give a friend?
5. Is there another way to see this?
6. How would someone else see this?

Thanks to Mrs Dunleavy for sharing this expert advice with us.