

Wellbeing Newsletter

Welcome to another edition of our Wellbeing Newsletter.

At the Academy at Shotton Hall we know that it is vital to support our children and their Wellbeing so that they can flourish as young people and set them up for their future lives. Children cannot learn well if they are not physically or emotionally healthy.

World Mental Health Day

We celebrated World Mental Health Day in style again in October. We all wore yellow and lots of students had their faces painted yellow! We support this day to highlight the importance of our Mental Health to all of our school community.

It is an important message to anyone who is having a hard time with their mental health or they know someone who is.

We raised £215 in the cake sale for YoungMinds, a children's mental health charity.



Clubs

Our fantastic range of after school clubs help us to try new things and **Be Active, Keep Learning** and **Connect** with others.

Our students tell us that our clubs are the best place to meet people in their "tribe."

Our wonderful student leaders run the following groups in A5 at break: Monday: LBBTQ+, Tuesday: Wellbeing, Wednesday: Equality.

We also have regular movie nights for our students to enjoy and connect and have fun. We love how many children attend these!

How do we support individuals in school?

We have so much support in place to support with Wellbeing.

Firstly, we will be having a Wellbeing check-in with every child in the school. We ask a few questions and make sure that everyone knows who to turn to if they need anyone.

If more support is needed, we have our own Wellbeing Team, a group of teachers who work one to one with students who would like extra support. We have 2 school counsellors, we also have support from a NHS Mental Health nurse and a team of support from "Piece of Mind" team who come into school, too.

We also have visits from the therapy dogs. These are always very popular!





Wellbeing Newsletter

What do we do with all students on Wellbeing Wednesday?

Every Wednesday in Sept time we explore different aspects of Wellbeing. We discuss it under the 5 different headings of:

Connect – how good connections with family and friends help our Wellbeing

Be Active – how this supports our positive Wellbeing

Take notice – we are starting to understand the skills of Mindfulness

Keep Learning – this is great for our confidence and general happiness

Give – not just giving to charity but giving time and thought to others

Here are a few of the themes we have been exploring this year so far:



Connect and Give

Kindness and self-care – we spoke about how it isn't selfish to look after ourselves. We discussed self-care strategies such as the ones on the next page. We have also looked at the science behind Gratitude and how that can impact on our Wellbeing.



Our Student Leaders did a wonderful podcast about love in Valentine's week. They explored how we have all different types of love in our lives such as family, friends and romantic love. They also spoke about tolerance of other people's feelings.



Take notice

We spoke about how our bodies respond to stress and threat and how we can support ourselves. We looked at grounding techniques such as 5 finger breathing, body scans and listening to favourite music to help us relax.



Keep Learning

In Children's Mental Health Week in February, we looked at Sleep! We all know that our teenagers love to sleep but did you know how many hours per night a teenager needs? It is 9-13 hours!

We spoke about how sleep is a vital function for growth and being able to flourish, we also discussed some useful techniques to support sleep which are on the next page, too.



Be Active

We have welcomed Spring and discussed how spending time outside or in nature can help both our mental and physical Wellbeing.

Exercising or just being outdoors can have lots of positive effects.

Research tells us it can improve our mood, reduce feelings of stress, improve our physical health and how being in natural light can lift our mood. We read the words on the last page about Spring to remind us of life's ups and downs.



Wellbeing Newsletter

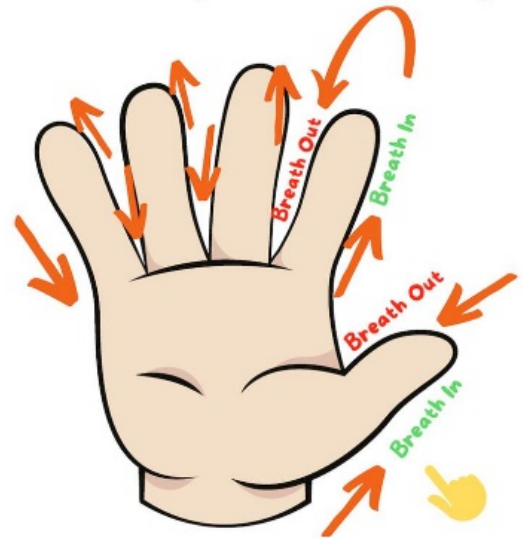
SELF-CARE STRATEGIES



Sleep tips!

1. A decent sleep routine is really important.
2. Ditch the device an hour before bed - blue light - the brain thinks it is sunrise when it actually sunset!
3. Eat food such as kiwi and nuts (they contain melatonin).
4. Fluffy socks- Increasing blood flow can help you fall asleep quicker.
5. Drink plenty and have balanced meals with B vitamins, magnesium and zinc.
6. Timing of your last meal – to aid digestion finish eating 2-3 hours before bed.
7. Be more active - a lifestyle which is active improves sleep.
8. Essential oils such as lavender- lavender oil promotes relaxation through aromatherapy.
9. Listen to relaxing poetry or a guided meditation.

Five Finger Breathing



[Click here to watch our Body scan video](#)



Hello March.

How welcome you are, the first light after so long in the dark. Our annual reminder that darkness always ends; even after the toughest winters, we can bloom again. The door that opens to spring, welcoming the daffodils, tulips and all the colour they bring. It's the sign of new life, a beauty that comes and brightens our minds.

