



SWANMORE Speaks

Welcome to Swanmore College's first ever Swanmore Speaks newsletter! We are really excited to offer you this place of positivity and update you with matters happening across the school, all affecting our mental health. With 2021 well under way, we are all now somewhat used to the restrictions and "new normal". We have all overcome so much and are showing great resilience in this testing time. High demands are upon us all and we find ourselves dealing with a huge range of competing priorities. Our aim is to offer help and support to parents, pupils and professionals in this half termly newsletter and we have some fantastic strategies you can try out immediately.

Our wellbeing team consists of teachers, admin staff and members of the pastoral team - from Heads of Department in English, Maths, and Technology, to teachers of Art, History, French, through to Heads of Year, Deputy Heads of Year and teaching assistants. We are more than just our subjects and we all take part in a wide range of hobbies to look after our own wellbeing. Dirt bike trails, journaling, workouts, walks, wild camping, and reading are just a few of our go-to activities.

You will soon be able to meet our team and find out a bit more about them by visiting our new website!

With all departments in the school being so keenly involved, we hope to offer something for everyone in our newsletter.



Week	Challenge	Action
22/2	Calming Colouring	Download a sheet from google classroom and get colouring.
1/3	Wellness Workout with Mrs Beattie	Even a short burst of this no equipment 5 minute circuit can increase your mental alertness, energy and positive mood. Try to challenge yourself by completing as many rounds as you can, just take a one minute rest in between each round!
8/3	Cook along	Recipe from Mrs. Griffiths below.
15/3	Photography Challenge + Wellness walking	Go for a walk, alone or with someone from your household, and take your best photo. Upload to instagram using the #swanmorewellnesswalk hashtag.
22/3	Journaling with Mrs Egerton	Write down: <ul style="list-style-type: none"> - 3 things that you feel grateful for today - 1 person that made you smile today - Reflect on your day. What did you achieve today? - Reflection, what will you do differently tomorrow? - Write a compliment to yourself. Maybe even stand in front of the mirror and say it aloud to yourself.
29/3	Digital Detox	Pick an evening this week, turn off your devices, or leave them in another room. Pick up a book, your journal or some colouring.

Try this recipe and send the Food Tech department photos of your creations!



Water CHALLENGE

Switch your tea/ coffee for a glass of water.
Drink from a bottle instead of a glass, as we would if we were in school.
Can you drink 2 litres in a day?

Easter Biscuits

Equipment - Baking tray, Baking parchment, Large Bowl, 2 small bowls, Whisk or Fork, Wooden Spoon, Teaspoon, Tablespoon, Sieve, Rolling Pin, Shaped cutters, Cooling rack, Piping bag (** pastry brush and whisk if using egg whites to top)

Method

1. Turn on the oven to 180 degrees/Gas Mark 4 and line your baking tray with parchment.
2. Place the butter and sugar together in the large bowl and beat together until light and fluffy - this is the creaming method.
3. Break the egg into a small bowl to separate and then add the egg yolk to your butter and sugar mixture. Beat the egg yolk in.
4. Sieve the flour and spices into the large bowl then add the milk and bring together to make a soft dough.
5. *Optional step - add the currants (these are traditional in Easter Biscuits)
6. Lightly knead the biscuit dough on a lightly floured surface then roll out to a thickness of about 5 mm.
7. Cut into shapes using an assortment of shaped cutters.
8. Place the biscuit shapes on the prepared baking tray and bake in the preheated oven for 10-15 minutes.
9. Carefully remove from the oven and place onto the cooling rack until cooled.
10. Make the glaze icing by carefully mixing a little water and food colouring with the icing sugar in a small bowl to the required consistency.
11. Pipe your decorations onto the biscuits.

** If you do not want to ice your biscuits you can remove them from the oven after 8-10 minutes, brush the top with beaten egg white and sprinkle with caster sugar before returning them to the oven for a further 5 minutes until golden brown.



Ingredients

50g softened butter
75g icing sugar
1 large egg
100g plain flour
¼ level teaspoon mixed spice
¼ level teaspoon ground cinnamon
1 tablespoon milk

*optional - 25g currants
** optional - a little caster sugar for sprinkling

For the icing
75g icing sugar
About 1 tbsp water
Food colouring

Wellness WORKOUT

30 sec **Marching on spot**

30 secs **High Knees**

30 secs **Marching on spot**

30secs **Fast Squats**

(remember to lean lightly back so your weight is through your heels and maintain a straight back)

30 sec **Marching on spot**

30 sec **Boxing Punches**

(mix it up with jabs and uppercuts)

30 sec **Marching on spot**

30 sec **Jumping Jacks**

30 sec **Marching on spot**

30 secs **Push Ups**

against your work top!

TOPIC : LOCKDOWN

OF THE TERM

Worry, happiness, stress and life satisfaction are just some of the feelings we may all be having at the moment. It is certain that Coronavirus is having an impact on all of our lives, be it big or small, and we will always remember this period in time. The impact it has/will have on our mental health is yet unknown, but evidence shows this will be significant, especially in young people. Education, social lives and normal ways of living have all changed and we all have had to adapt to this. What might help children and young people to manage these challenges?

3 tips for parents and carers

1. Be curious about what might be causing your child to become anxious (they may be worried about something other than the coronavirus for example the fact that exams are cancelled or their grandparents' health)
2. Encourage them to stay in contact with their friends, these relationships are really important and friends can be really helpful for supporting each other
3. Try to maintain a routine and organise the day ahead, this is reassuring for children and adults too

If you would like more information please have a look at The Anna Freud Foundation

<https://www.annafreud.org/coronavirus-support/>

Little Joys of Lockdown 3.0

That first sip of coffee in the morning. Your favourite pants pulled fresh from the clean washing pile. A solo big deep breath alone in the kitchen. A spritz of perfume. A slather of moisturiser. Voicenotes from friends. Fresh winter air on your face. A bunch of £1 daffodils added to your shopping trolley. Soft slippers. Super stretchy tracksuit bottoms. Memes in WhatsApp chats. Lunches made with leftovers eaten at 12.01pm. Favourite songs turned up too loud. Daytime candles. Unexpected post. Organising a cupboard full of items long-forgotten. A new dress bought spontaneously with no-where to go. Endorphin highs from living room workouts. Favourite mugs. Rightmove searches. Watching as the golden dance of sunlight stretches past 4pm. Sofa snuggles. Can't-put-down-books. Half-price supermarket ice cream. Scrolling through old moments and memories stolen from a different life as a reminder of what's to come.



TIPS FOR PARENTS AND PROFESSIONALS

Show empathy by using phrases such as “I can see you’re having a difficult time getting started” / “I understand you’re having trouble focusing right now”.

Use tangible rewards sparingly. Maybe, instead help your child to develop intrinsic motivation by changing your language slightly (ie. “wow you must be so proud of yourself” or “I bet you’re happy you did such a good job”); If you have any tips or success stories you would like to share please email:



wellbeing@swamore-sec.hants.sch.uk



EXCELLENCE IN PUPIL DEVELOPMENT AWARD (EPDA)

Our aim at Swanmore College is to provide an excellent academic education and experience for all pupils, regardless of their prior ability. We aim to ensure that pupils leave Swanmore ready for the next stage of their education and life. We do this by supporting pupils to become resilient, inquisitive and independent learners.

Pupil Voice

Swanmore College recognises the importance of pupil voice and how it is vital in helping us make Swanmore a school where everyone can flourish, have their voice heard and be part of the decisions for future projects.

This term we have been speaking to pupils and getting their feedback on the support and opportunities we have at Swanmore to help everybody with their well-being, and asking them for any ideas that they would like to share on how we can continue to develop this support.

THE BEST PART OF MY DAY WAS...

SOMETHING THAT MADE ME SMILE TODAY

TODAY I AM THANKFUL FOR...

SOMEONE I SHOULD CALL IS

Well-being

During the Spring Term 1, the Well-being programme was delivered through tutor time sessions, to all year groups. Pupils were guided through a range of strategies to support mental and physical health and well-being. This is important at any time, but especially now when learning is happening remotely.

Action for Happiness Calendars

We hope you found the *Happier January- Action for Happiness* calendar a source of ideas for how to bring some positive moments into your day-to-day life.

For February, the *Action for Happiness* calendar is all about friendly actions and thoughts. Simple actions really can help to brighten up our days when faced with gloomy grey February skies.

https://www.actionforhappiness.org/media/968363/february_2021.jpg

SWANMORE COLLEGE ANTI-BULLYING

Following on from receiving the WELL-BEING BADGE from The Diana Award, the Anti-Bullying Committee is now working towards the COMMUNITY BADGE.

The Ambassadors are currently in the process of sharing their expertise with all staff at Swanmore by planning training materials for them. They are also extending the number of ambassadors trained to support pupils who have been bullied, by training the new Head Boy and Head Girl and the Senior Prefects. They are planning their Spring Term Assembly for all pupils - coming in March. The Anti-Bullying newsletter is currently being written; look out for more information soon.



SWANMORE COLLEGE
Anti-Bullying



VERBAL

Hurtful words, offensive language, swearing, discriminatory language



INDIRECT

Isolating someone, rumours, Sharing someone's secrets, Cyber-bullying, damaging/taking someone's property and physical intimidation.



PHYSICAL

Hurting someone intentionally, kicking, Punching, pinching, Spitting, slapping.

Are you experiencing or witnessing any of these forms of behaviour?

If so – **IT IS BULLYING**

Please report it to:

Anti- Bullying Committee member (Ambassador)

Any member of staff

Your "Go To" Adult

Email:  antibullying@swanmore-sec.hants.sch.uk

Here at Swanmore College we believe that Safeguarding is the top priority in our school and that this is the foundation of our whole school ethos, culture and belief system.

All children should grow up in safety without risk of being abused or neglected. In our school all staff have a duty of care to protect the welfare of all children and this allows us to create an environment where our pupils feel safe to learn, grow and develop as individuals.

Safeguarding means;

1. To protect all children from abuse and maltreatment
2. To prevent harm to children's health and development
3. To ensure that children grow up with the provision of safe and effective care
4. To take action to enable all children to have the best outcomes



SAFEGUARDING AT SWANMORE

We have a trained team in school led by Ms Brown (Designated Safeguarding Lead) and Mrs Deller (Deputy Designated Safeguarding Lead.) All members of the Senior Leadership Team, Heads of Year and Deputy Heads of Year are also safeguard trained to DSL level.

To support our pupils, we offer advice, support and guidance through our pastoral curriculum and so far this academic year we have delivered assemblies on Attendance, Anti-Bullying, Mental Health, British Values and E-safety.

We are committed to the safeguarding of our pupils and families and if you have any concerns with regards to yourselves or others please do not hesitate to contact the safeguarding team on the following email:



wellbeing@swanmore-sec.hants.sch.uk

<https://www.safe4me.co.uk/>

<https://www.ceop.police.uk/safety-centre/>

<https://hampshirecamhs.nhs.uk/>

<https://www.mind.org.uk>

<https://www.anxietyuk.org.uk/>

<https://www.thecalmzone.net/>

<https://www.annafreud.org/on-my-mind/self-care/>

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

<https://hampshirecamhs.nhs.uk/help/young-people/>

<https://www.nspcc.org.uk/>

Helplines:

Anxiety UK:
support@anxietyuk.org.uk
08444775774

MIND:
info@mind.org.uk
03001233393

No Panic:
admin@nopanic.org.uk
08449674848

Nightline:
Nightline.ac.uk

Samaritans:
jo@samaritans.org
116123 (freephone)



<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>