



SWANMORE Speaks

Morning habits to start your day off right

- ★ Stay off social media for a least 30 mins
- ★ Drink a glass of water
- ★ Have a moment of gratitude
- ★ Meditate
- ★ Exercise
- ★ Set and affirm your goals for the day
- ★ Get yourself ready and start your day

@The_PositiveWay8

IF YOU'RE FEELING STRESSED...

- Don't underestimate how important it is to look after yourself
- Only you can look after you. It's up to you to manage how you're feeling
- Take time out. Do fun things and spend time in nature
- Stay calm and focused
- Exercise! Everyone always talks about exercise, but it's true: it's a great way to de-stress and feel happier
- Get good sleep. Try to have a routine and go to sleep and wake up at the same time each day
- It's not the amount of time you work for, it's about the quality of work you do during that time. So whether you're revising, applying for jobs, working or preparing for further study: balance it out and take a break!



① you got this! this is where your hard work pays off.



② sleep is just as important as studying



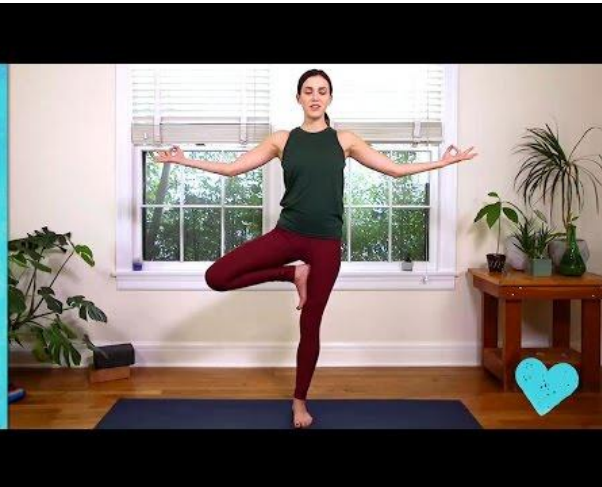
③ take care of your mental & physical health



④ do your best and keep worry and stress in check

Follow us on our new Well-Being instagram page @Swanmore_Speaks for weekly tips on managing your exam stress, looking after your well-being, and different ways we look after ourselves.

Week	Challenge	Action
19/4	Origami challenge	Sit down, take ten minutes and see if you can create something beautiful. This half terms origami challenge is a lotus (video instructions included).
26/4	Workout & Yoga	Find this calendar's wellness workout below, and give it a go!
3/5	Digital Detox	Pick an evening this week and switch off. Pick up a book, speak to someone at home, anything away from your devices!
10/5	Recipe/Cooking	Sweet treat recipe Fruity Flapjack
17/5	Get outdoors and explore	Take a walk around your local area, we suggest Bishops Waltham Palace ruins; we have included some walking routes around the BW area for you too.
24/5	Rep challenge	How many squats can you do in one minute? Try this for one week and see if you increase your score.



Begin by slowly exhaling all of your air out.

Then, gently inhale through your nose to a slow count of 4 and imagine you are drawing the line of a square

Hold at the top of the breath for a count of 4 and continue drawing a new line of a square

Then gently exhale through your mouth for a count of 4 and imagine drawing your third line of the square

At the bottom of the breath, pause and hold for the count of 4 and draw your final line of your square

SQUARE BREATHING



Wellness WORKOUT

This 30 minute bodyweight workout is aimed at targeting specific parts of your body. Make sure you warm up thoroughly and stretch.

Perform each exercise in the set, back to back, for 30 seconds.

Rest for 1 minute when all 4 exercises have been performed.

Repeat this 3 times in total, before moving onto the next set.

Set 1: Upper Body

- Pushups (Full or bent knee)
- Raised arm circles
- Tricep Dips (hands on edge of chair or couch, slide your bum off the front and keep lifting yourself up and down)
- Fast Punches

Set 2: Lower Body

- Fast squats
- Lunge (left leg forward only)
- Lunge (right leg forward only)
- High Knees

Set 3: Core

- Crunches
- Bicycle Crunch (elbow meets opposing knee, other leg remains extended)
- Reverse Crunches (lift and lower your legs off the floor)
- Plank Hold



Two Mr Ps in a
Pod(Cast)

[Two Mr Ps in a Pod\(Cast\) on Apple Podcasts](#)

A podcast recommendation,
maybe you could listen whilst you fold...

Two Mr Ps in a Pod(Cast)
Especially for professionals, but also
funny for pupils and parents.

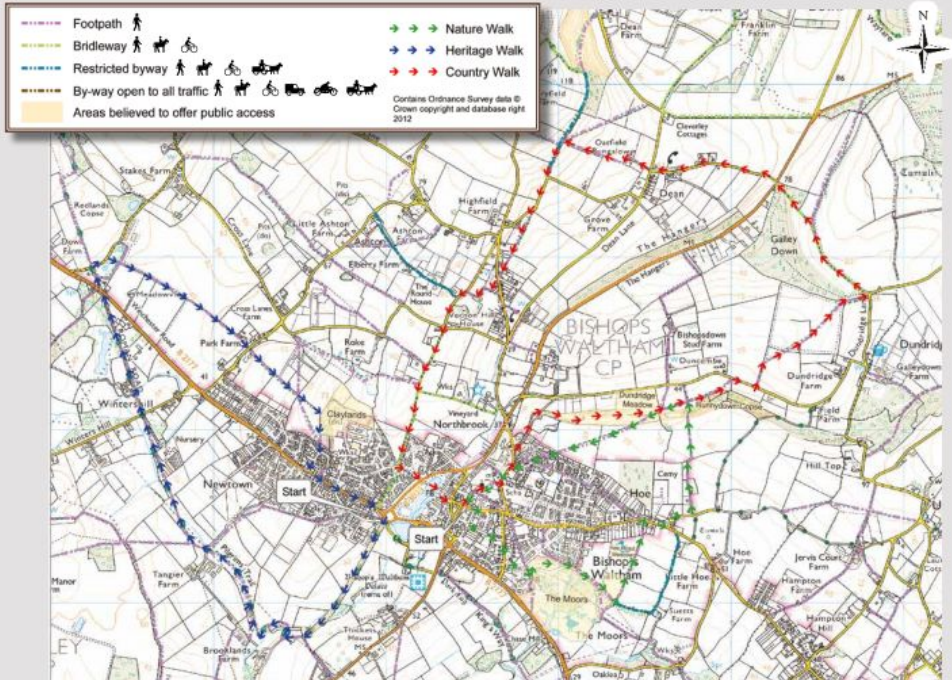
*"A podcast which shares all the funny
and hilarious stories from the
classroom."*

Origami comes from the Japanese 'ori' meaning fold, and 'kami' meaning paper. By following the step by step instructions/ whether that is through watching or reading them, it can be very calming and can help you focus the mind away from all the day to day noise.

Enjoy this time for you; you may wish to listen to some music or a podcast whilst folding. You could fold with a friend and use the calm time to catch up.

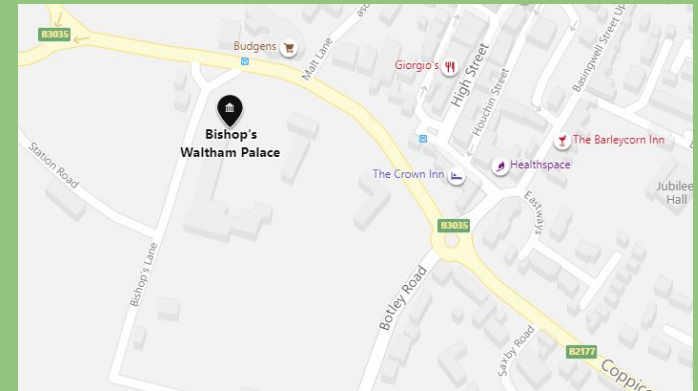


GET OUTSIDE, BE AT ONE WITH NATURE



[Walking & Cycling | Bishop's Waltham | Love Bishops Waltham](#)

WHY NOT VISIT BISHOP'S WALTHAM PALACE RUINS?



Fruity Flapjack

Equipment - Chopping board, Knife, Weighing scales, Measuring spoons, Saucepan, Wooden spoon, Spatula, Non-stick baking tin, Palette knife

Method:

1. Preheat the oven to 180°C or gas mark 4
2. Chop the apricots into small pieces
3. Place the butter or baking fat, sugar and syrup into a saucepan and gently heat until the butter or baking fat has melted
4. Stir in the oats and apricots.
5. Pour the mixture into a non-stick (or lined) baking tray
6. Pat down the mixture in the baking tin.
7. Bake for 15 - 20 minutes, until lightly browned.
8. Remove from the oven and cut into 'bars' in the baking tin while hot

Top Tips: Vary the type of dried fruit used, e.g. sultanas, figs, mixed fruit.

- Add 1 x 15ml spoon cinnamon, ginger or mixed spice to the oat mixture
- Go for grated fresh apple or carrot.
- The baking tin gets hot, so remember to use oven gloves

Ingredients

75g dried apricots

150g oats

50g sugar

50g butter or hard baking fat

2 x 15ml spoons golden syrup

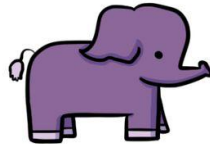


Water CHALLENGE

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?



I KNOW HOW HARD YOU'RE TRYING, AND I'M PROUD OF YOU.

Have a go at Mrs. Griffiths' fruity flapjack and send her a photo of your bake!
mrsgriffiths1@swanmore-school.co.uk

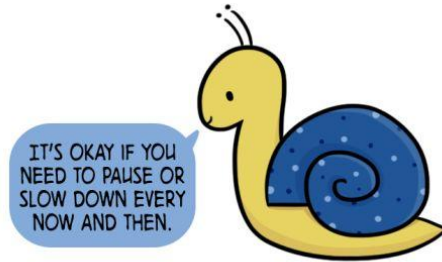
TOPIC : BREATHING

OF THE TERM

Colour breathing is a really simple stress reducing activity that can be completed at any point in your day to help you focus on your breath and calm your mind.

- Start by mentally picturing a colour that represents how you want to feel, or a colour that you associate with calmness and happiness. For me it is a light yellow colour.
- Then choose a colour that represents the negative emotion you are feeling that you want to go away. For me this is a dark grey colour.
- Close your eyes and take a deep breath in through your nose. Imagine you are breathing in your 'happy' colour and visualise it moving and spreading through your body.
- Then, as you breathe out through your mouth, visualise breathing out your 'negative' colour. Imagine it leaving your body and taking the negative emotion with it.
- Repeat this as many times as you need to.

Practise this to breathe better and feel better!



We are always here to listen.

 wellbeing@swamore-sec.hants.sch.uk

TIPS FOR PARENTS AND PROFESSIONALS

Sometimes when we are supporting our friends with their struggles, we too can take on a lot of stress. We need to remember that it's absolutely fine to not know what to say. Sometimes all it can take is for you to listen to them, reassure them and let them know their feelings are valid. It's not all on you, there are plenty of expert advice networks you could share with your friend or even offer to go with them for support. Remember, by just being there for your friend, you are doing something amazing.

Top Tip: When supporting a friend with their mental health, listen, don't judge, reassure, check in regularly, and support with seeking further help. Take time out to look after your own mental health too, as supporting others can be stressful.

SWANMORE COLLEGE ANTI-BULLYING

The Anti-Bullying Ambassadors have been busy. They have delivered a training session to all staff on the different forms of bullying and how to support anyone who is being bullied or has witnessed this type of behaviour. They have also delivered assemblies to every year group. As part of this assembly, every pupil has received, a pocket sized card with reminders about what bullying is and how to seek help. We are really excited to be forming our new Year 7 Anti-Bullying Forum with representatives from every tutor group. We have had so many Year 7 pupils wanting to get involved and are looking forward to our first meeting in the Summer Term.



WHAT IS BULLYING?



“Repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.”



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

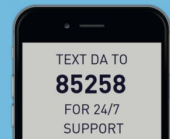
Are you experiencing or witnessing any of these forms of behaviour?
If so – **IT IS BULLYING**

Please report it to:

- ➔ Anti-Bullying Committee member (Ambassador)
- ➔ Any member of staff
- ➔ Your "Go To" Adult
- ➔ Email antibullying@swanmore-sec.hants.sch.uk

DIANA AWARD
CRISIS MESSENGER_

NEED TO TALK TO SOMEONE? THE CRISIS MESSENGER
IS OPEN 24/7 FOR YOUNG PEOPLE IN THE UK.





HELPING THOSE WHO HELP OTHERS

Winchester & District Young Carers is a Charity that helps support children and young people who care for a parent or sibling with a long-term illness or disability. They have worked closely with Swanmore College to ensure young carers are identified and supported through awareness raising assemblies, lunch time drop-ins and 1:1 intervention with the pastoral team.

Some young carers may experience problems at school, such as concentrating in class or when at home they struggle to complete homework, whilst others may lack time for play, leisure or sport. Other young carers can be highly self-motivated multi-taskers, coping well with school and achieving highly, their ability to cope and achieve must not be used to mask their need for support however.

If a young person has a caring role then Swanmore College can refer the individual to a project for extra support where they can have access to an exploration programme that gives young carers the skills and confidence to manage the challenges faced by being a young carer. There is also an activities programme allowing individuals time out to relax, have fun and meet others who are in a similar situation to themselves.

It's important that young carers are given the opportunity to meet other young carers and the space to share their thoughts, feelings, needs and concerns in a safe environment.

Sometimes my Mum can't move to get up in the morning. I make everyone breakfast, sort medication for Mum and organise my brothers so we can get off to school. It's tricky to juggle caring for Mum and supporting my family with school commitments and homework - Young Carer aged 13

I care for my Mum. I have to do a lot of the housework, look after her and my sisters. Young Carers has given me somewhere to relax and be with people who are going through similar things and understand my point of view - Young Carer



IT'S OK TO FEEL STRESSED. TAKE A BREATH. YOU'VE GOT THIS. YOU CAN DO IT.

EMM ROY

[Chris Stark: It's time for blokes to get emotional - BBC Bitesize](#)

1 in 4  **MEN ARE AFFECTED BY MENTAL HEALTH PROBLEMS OR ILLNESSES.**

Let's Talk About It

EMOTIONS HAVE NO GENDER
DON'T LOCK YOURS IN THE DARK

There is often pressure on men to behave in a macho way

Some men feel they are not encouraged to show emotions like fear and upset. "For a long period in my life, I felt like blokes have to act a certain way: 'You've got to be manly, you've got to be tough.' And I do think that I've been guilty of that."

Men should not be afraid to open up to each other

"I never really talked to my mates about my feelings until fairly recently, where I found things were getting quite on top of me. I did it, I spoke to my best mate about it, and it turns out he was feeling some similar feelings himself."

More men are starting to tell each other how they are feeling

"You hear a lot about this, that blokes don't really talk to each other. Well, I think more than ever now they do, and I think that's important." Being open about your feelings – and showing your vulnerabilities – is a courageous thing to do. "As blokes it is very hard to just talk about how you're feeling. If you are reaching out, that is brilliant... The bravest thing I see blokes do at the moment is trying to talk."

Try not to worry about stereotypes

It is ok to not conform to some sort of stereotype of what a man is. "Some of the best people I know are not what you would 'typically' call very manly men, but they are so in tune with their personality and feelings."

Talking can help you work through your problems

"Being a bloke doesn't mean that you can't go and have a conversation with someone about whatever it is that is stressing you out, winding you up or making you upset." Also, bottling things up can sometimes make your problems feel bigger than they actually are.

Talking is contagious

The more men open up to each other, the more normal it will become to do so. "When you go and talk to someone, that then encourages that person that you talk to to go and talk about their feelings. And this will spread, and this will go on and on..." The final word? "Keep talking. It's a good thing, not just for you but for all other men. And that is the most manly thing we can all be doing."

Dear Safeguarding...

Q.1. - I have noticed that my child has some scratches on their legs which they have told me is from climbing trees but I think they may have hurt themselves on purpose. I have found a disposable razor in their bedroom and when I asked why they had it we ended up arguing. I am not sure what to do and would appreciate your advice.

Firstly you need to stay calm and choose a good time to share your concerns. If your child is able to be open with you and does disclose that they have hurt themselves then it is really important to seek advice from your GP. You can also research the CAMHS website www.camhs.elft.nhs.uk where you will find advice, support and guidance for both yourself and your child. It is always a good idea to contact the school and keep them informed. This will allow school staff to also discreetly monitor the situation and offer support if required.

Q.2. – Recently I have found something in my child’s school bag which I think may be an illegal substance. I have asked them about this and they have told me that it is cannabis but said it belongs to a friend. What should I do and where do I go for advice and support?

It is really important to let the school know as this allows us to follow internal safeguarding procedures to ensure that all children are safe. You can seek advice and support for your child from Catch 22 www.catch-22.org.uk who are an organisation who offer mentoring support to young people who are experimenting with substance misuse. You may also wish to contact your local PCSO to make them aware in case there is a problem in the area that you live.

Q.3 – My child has told me that they have received an indecent image from a friend and this has been shared within a group of children. They are worried and upset as the child involved also attends the school and they are now being victimised. Should I delete the images or do I need to tell someone please?

Please contact the police on 101 and share your concerns. They will direct you to specialist advice and support and this will help you to support your child. It is important to remind all children that it is a criminal offence to share and distribute indecent images and it is essential to seek advice quickly before further escalation. Please also contact the DSL/DDSL at the school and let them know to allow them to put in place any support required.



SAFEGUARDING
AT SWANMORE

As with all safeguarding if you ever feel that you or someone else is at risk please seek emergency advice and support. For further information and guidance on keeping your children safe please also refer to the following websites:

National Online Safety

CEOP

CAMHS

NSPCC

Safe4me

If you would like advice or guidance from our safeguarding team and would like a question answered in the next newsletter please send an email using the link below, for the attention of Ms Brown and Mrs Deller.

 wellbeing@swanmore-sec.hants.sch.uk

k

<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/>



[Movember - Men's Health - Mental health and suicide prevention](#)



Helplines:

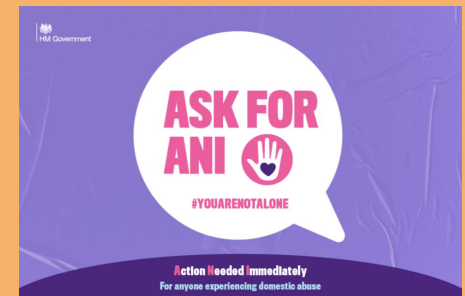
Anxiety UK:
support@anxietyuk.org.uk
08444775774

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>