



# SWANMORE SPEAKS

Welcome to our final edition for this academic year. We are extremely proud of how well you have all adapted throughout the last year, and we hope you are proud of yourselves too.

In this edition we are focusing on how we can all maintain a good level of self-care over the summer whilst enjoying the sunshine as safely as possible - whether that is locally or a little further afield!

Keep smiling, make good choices, and stay safe!

Summer Edition



“

Summertime is always the best of what might be.

CHARLES BOWDEN

Follow us on our Well-Being instagram page @Swanmore\_Speaks for weekly tips on looking after your well-being, and different ways we can look after ourselves.

THERE'S  
ALWAYS  
SOMETHING  
GOOD  
COMING.  
REMEMBER  
THAT.  
KUSHANWIZDOM

Our topic for this edition is all about self-care. It is a way that we can look after our own mental health and wellbeing. Everyone's approach to self-care will look slightly different; it is all about finding what works for you and what you enjoy. Creating a self-care plan means you will be able to identify activities that you can use to support your mental health. This plan can be adapted weekly or monthly depending on your priorities and plans.

Breaking down your self-care into 4 categories will help you to ensure you positively influence all areas throughout your day: Physical, Emotional, Social, and Practical.

**Physical** - Eating a balanced diet, time away from technology, and moving your body.

**Emotional**- Developing supportive friendships, being kinder to yourself, and writing down 3 positive things you do each day.

**Social** - Talking to friends, creating a summer playlist to share with friends and taking part in a creative challenge with friends. (This could be online.)

**Practical** - Organise your day, get up and showered each day, and set some achievable future goals.

<https://www.annafreud.org/selfcare/>

## Topic of the Summer: Self Care

Self care should be something that refuels us, rather than taking something from us.

Is there anything else you would like to see in the Newsletter? We welcome contributions from all in our community. Please *do* get in touch.

We are always here to listen.

✉ [wellbeing@swamore-sec.hants.sch.uk](mailto:wellbeing@swamore-sec.hants.sch.uk)

## TIPS FOR PARENTS AND PROFESSIONALS

Taking the first step to be there and support someone who is struggling sometimes means just being there to listen. We all need people in our lives we can turn to when we're struggling, whether for a deep discussion or just a chat. It can take the pressure off of needing to seem 'okay' just for a little bit because you know you can trust them.

This could be a friend, family member, teacher or mentor- it doesn't matter as long as you feel safe and able to be real with them. Sometimes we just need a listening ear or a shoulder to cry on, other times advice can be really helpful.

If you have been supporting a friend, child, or family member, it can begin to take its toll on your mental health. Be sure that you are looking after yourself and taking time for your own self-care so you are better able to support others.

## GET OUTSIDE, BE AT ONE WITH NATURE

We are so lucky in the UK to have so many beautiful, interesting places to visit. You might like to take a day trip to visit the capital city or stay more local, keeping it tranquil in the New Forest. Perhaps you'll visit a city you've never been to before, venture "up North", or head further west country to Devon or Cornwall (some say it's just like being abroad- when the weather is good!)

Why not write a list of all the places where you'd like to visit in the UK.

Here are the top 10 places to visit in the UK:

[\(10 Best Places to Visit in the UK \(with Map & Photos\) - Touropia\)](#)

10. Cambridge
9. Lake District
8. Snowdonia
7. Chester
6. Cornwall
5. York
4. Edinburgh
3. Stonehenge
2. Scottish highlands
1. London

This edition's beauty spot.

The UK has some beautiful beaches too, here are a few of our favourites:

- West witterings
- Lee-on-the-Solent
- Bournemouth
- Southsea
- Hill head



This image is of West Witterings beach

Week	Challenge	Action
26/7/21	Rest and Recharge	This week have a think about your self-care and how you can make sure you cover all 4 areas of self-care.
2/8/21	Podcast and Crossword	Take some time away from your screen, perhaps in the garden, listen to our podcast recommendation and have a go at our well being crossword.
9/8/21	Baking Challenge	This edition's Summer recipe is Eton Mess. Send us your Eton Mess photos, making them as creative as possible.
16/8/21	Digital Detox	Mid-way through your summer break, time to switch off your phone and enjoy some time away from your screens.
23/8/21	Workout	Try the 20 minute, no repeats, workout to get those happy endorphins flowing! Don't forget to hydrate.
30/8/21	Get Outside	Visit the beauty spot location we have suggested, or just take 20 minutes in your garden/ at a local park, you could complete the crossword or listen to your playlist with friends.
6/9/21	First week back to school	Prepare your bag the night before, lay your uniform out, and get excited for a new year.

# WELLNESS WORKOUT



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Summer afternoon...

to me those have always been  
the two most beautiful words in  
the English language

Henry James

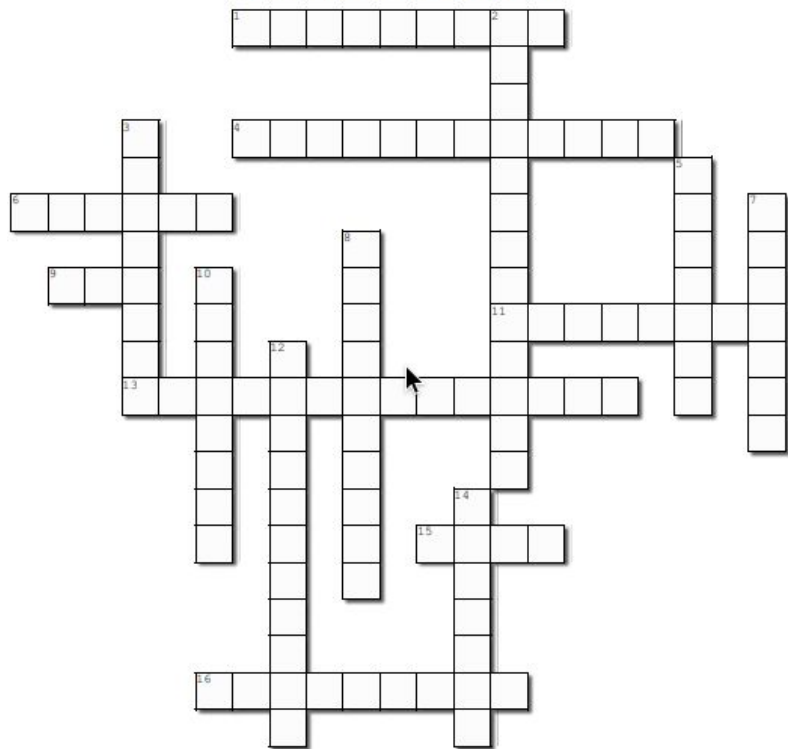


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Finger Breathing

Spread your fingers apart. Using the pointer finger of the opposite hand, begin to trace up the outside of the thumb as you inhale deeply. Trace down the inside of the thumb as you exhale. Repeat this for the remaining fingers making sure to inhale as you trace up the finger and exhale as you trace down.

Complete the crossword puzzle below



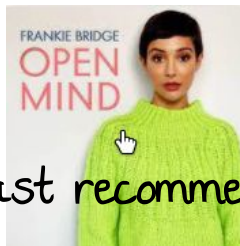
### Across

1. Swanmore's new LGBTQ+ group (9)
4. The UK youth mental health ambassador within the department for education (2,4,6)
6. Your health is both physical and ... (6)
9. How many litres of water should you drink, per day? (3)
11. As well as looking after other[s] you should take care of ... (8)
13. Swanmore College's half termly newsletter (8,6)
15. Don't forget to go for your daily ... even now we are out of lockdown (4)
16. The state of being comfortable, healthy or happy (9)

## Wellbeing Crossword

### Down

2. Something we celebrated during the week of 21st June 2021 (9,4)
3. Spend more time here (8)
5. Mental health ... (7)
7. The recipe in the last edition of the newsletter (7)
8. Exercise releases good ... (10)
10. We should all try to keep our diet ... (8)
12. The acronym ANI stands for Action Needed ... (11)
14. The ITV campaign, 'Britain get ... ' (7)



Podcast recommendation

## Frankie Bridge - Open Mind

“Self-care sessions: Screen time and mindfulness with Tanya Goodin”

This episode gives some great tips about helping your children and ourselves use the screen less. Some positive twists on things and good advice all around.

## Water CHALLENGE

Can you drink 2 litres in a day?

### Eton Mess

1. Line a baking tray with greaseproof paper and preheat the oven to 140 d
2. Whisk the egg whites in a clean bowl until they form stiff peaks
3. Gradually add the caster sugar, about a tablespoon at a time, whisking until each tablespoon is thoroughly whisked in.
4. When all the sugar is whisked in, take a tablespoon of mixture and place on the baking tray.
5. Leave a small space and continue to place tablespoons of mixture in rows on the tray.
6. Place the tray in the oven on the middle shelf and leave for 1 hour – 1hr 15 mins until firm.
7. Leave to cool – either turn the oven off and leave them in the oven overnight or remove and place on a cooling rack.
8. Place 200g of strawberries in a blender with the icing sugar and blend until you have a puree.
9. Chop the strawberries/raspberries in half and whisk the double cream to soft peaks.
10. Break the meringues into pieces about 2-3 cm, place them in a mixing bowl, add the strawberries/raspberries and gently fold the cream in.
11. Fold in about 2 tablespoons of the puree to give a marbled effect.
12. Pour the remaining puree over the top, serve as soon as possible and enjoy!

#### Ingredients

For the meringue  
3 large egg whites  
200g caster sugar

Plus:  
150g fresh strawberries (other fresh fruit can be used to - try blueberries or raspberries)  
500ml double cream  
1 tablespoon icing sugar



Have a go at and send Mrs Griffiths a photo of your bake!  
[mrsgriffiths1@swanmore-school.co.uk](mailto:mrsgriffiths1@swanmore-school.co.uk)

# Swanpride

All people should  
be treated equally,  
regardless of who  
they are or who  
they love.

Swanpride will be meeting regularly in **N03** (Mondays Y10, Wednesdays Y8.) A member of staff will be there to help ensure that group discussions are safe, confidential, and respectful. No assumptions or labels will be used about a group member's sexual orientation or gender identity. We hope members will feel comfortable attending and being themselves in this space, with people they can trust.

Mrs Hinson (MFL), Mrs Troughton (Teaching Assistant) and Mrs Deller (Family Liaison Worker) are fully supporting the group and can be approached about any aspect whatsoever.

We have our own confidential and exclusive email address for all enquiries, ideas and concerns.

[swanpride@swanmore-school.co.uk](mailto:swanpride@swanmore-school.co.uk)



## Our summer film recommendation

Simon Spier keeps his sexual orientation a secret from his family. However, when a blackmailer threatens to reveal it, he goes on a roller-coaster journey to come to terms with his identity.

LOVE,  
SIMON



## Our summer podcast recommendations:

1. NB: My non-binary life
2. Translash podcast
3. Two scoops: serving it up for the culture





### GROWING UP. FALLING IN LOVE. COMING OUT.

Frankie is nearly fourteen and teenage life certainly comes with its ups and downs. Her mum is seriously ill with MS and Frankie can feel herself growing up quickly, no thanks to Sally and her gang of bullies at school.

When Sally turns out to be not-so-mean after all, they strike up a friendship and are suddenly spending all of their time together.

But Frankie starts to wonder whether these feelings she has for Sally are stronger than her other friendships. **Might she really be in love?** Frankie doesn't want Sally to just be her friend. She wants her to be her girlfriend. **But does Sally feel the same?**

### More recommended reads:

You should see me in my Crown - Leah Johnson

My Brother's name is Jessica - John Boyne

Look out for some of these books in Swanmore College's library from September

### *Raiders' Carl Nassib Announces He's Gay, an N.F.L. First*

The Raiders defensive lineman came out in a statement posted to his Instagram account recently, becoming the first active player in the league to publicly identify as gay.



### Celebrities in the LGBTQ+ community

More and more people in the public eye are sharing which community they are part of. Here are some new names to those we shared in the last edition of Swanmore Speaks:

**Colin Jackson** – athlete, TV presenter - gay

**Nicola Adams** – boxer & first same sex dancer on Strictly Come Dancing - gay

**Nigel Owens** - rugby referee - gay

**Olly Alexander (known as Years & Years)** – British musician, song-writer - gay

**Carl Nassib**- NFL player, first active player to come out as gay

### For extra support and advice.

[Breakout Youth: LGBTQ+ Support Hampshire & Isle of Wight](#)

[Homepage - Mermaids \(mermaidsuk.org.uk\)](http://mermaidsuk.org.uk)

[LGBT+ - Y Services](#)

<https://www.justlikeus.org/>

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

Matthew Ashton is the Vice President of Design at the LEGO Group and Designer of the Everyone Is Awesome model.

“Coming out is the period in your life where I think you can feel the loneliest and so uncertain about what your future is going to hold once you have taken that step. I came out in my late teens. For some people, it’s easier than it used to be, but there are still a lot of struggles for people that are coming out and it’s a really scary process. You don’t know how friends and family are going to react. You’re afraid of what the consequences may be.

If I had been given this set by somebody at that point in my life, it would have been such a relief to know that somebody had my back. To know that I had somebody there to say “I love you, I believe in you. I’ll always be here for you.”

So, in a way, this set is not just for the LGBTQIA+ community. It’s for all of the allies – parents, siblings, friends, schoolmates, colleagues etc. – out there as well.

I was one of the lucky ones who was able to come out and had people there to support me. But there are so many that face so much discrimination, hate or violence. With this set I just want to make sure that we’re showing a bit of love and support to everybody who needs it”

Everyone is Awesome



When your mask comes off  
take a deep breath

Talk with someone  
who gets it.  
24/7 emotional support

**MENTAL  
HEALTH  
AT WORK**

"Wellbeing is a shared responsibility. This includes the Department for Education, Ofsted and our school leaders working together to eliminate the drivers which escalate teacher mental health issues." *Teacher Toolkit*

### Teacher Toolkit

"We want to see a sector that is free from mental health discrimination, guided by emotional intelligence, and characterised by supportive, nurturing cultures." *Teacher Toolkit*

ofsted's promises in relation to mental health:

1. Ensure that inspectors take staff wellbeing into account in coming to their judgements...
2. Review whether the framework is having inadvertent impacts on staff wellbeing...
3. Continue to clarify that we do not expect providers to create documentation for inspection...



HELLO YELLOW

Mental Health  
Awareness Week

Watch this space!

The site has been created with young people aged 12-21 from across Hampshire in order to produce relevant, engaging & youth focused information covering topics such as:

- > Self-Care
- > Supporting Others
- > Race & Mental Health
- > Young Men's Mental Health
- > LGBTQ+ Mental Health
- > Where to go for help



<https://unloc.online/youth-wellbeing>

"I'm bored" is a useless thing to say. I mean, you live in a great, big, vast world that you've seen none percent of. Even the inside of your own mind is endless; it goes on forever, inwardly, do you understand? The fact that you're alive is amazing, so you don't get to say "I'm bored."  
Louis CK

## Managing boredom in the summer

Boredom does not have to be a negative feeling. Boredom is actually a good thing; it is your mind telling you it's time to change things up, move on or stop whatever it is you are doing and perhaps 'reset'. It could also be your mind/ body telling you to stop, in general. Boredom is caused by low levels of a neurotransmitter, called dopamine (a chemical messenger of the human brain that triggers responses in our brains whenever we experience a new and exciting situation.)

You can embrace boredom, this is actually one of the suggested ways of coping with it: don't fight it, enjoy it. We often feel guilty for doing 'nothing' but actually maybe your body needs to slow down, rest, take a moment. **Be bored.** Reflect. Alternatively, if you are feeling more like you should get up and do something then here are some ideas if you do experience boredom.

*Socialise- message or call a friend or family member*

*Learn something new- challenge yourself- learn the 50 states of the USA*

*Spice up your routine- change the times you do things to reduce monotony*  
*Start a journal- maybe writing about why you feel bored will help/ inspire you*

*Do a good deed- help someone, somehow*

*Write a bucket list/ wish list*

*Surprise someone- by visiting or sending a postcard*

*Take pictures*

For more inspiration on boredom, take a look at this article: [How to Beat Boredom – The 16 Most Effective Strategies \(planetofsuccess.com\)](https://planetofsuccess.com/how-to-beat-boredom/)

Parents/  
Carers



## Strategies to support anxiety

- Normalising anxiety
- Mindfulness-based cognitive therapy (MBCT)
- Conscious breathing
- Basic neuroscience

[Strategies to support anxiety | Optimus Education Blog \(optimus-education.com\)](https://www.optimus-education.com/blog)

## ***What might anxiety look like?***

- Falling behind at school or college.
- Refusal to go to school or college.
- Being more aggressive / disruptive / challenging.
- Quiet or uncommunicative.
- Feeling more worried or sad.
- Depressed.
- Not mixing with friends and spending a lot of time alone.
- Not eating.
- Not being able to concentrate.

***If any of the above sound like something your child is going through, there are things you can do to help.***

- Providing regular healthy meals.
- Encouraging them to exercise and keep active.
- Encouraging them to do things they enjoy or see their friends.
- Keep talking.
- Have a bedtime routine.

For more information visit: [Parents and Carers – CAMHS \(rdash.nhs.uk\)](https://www.camhs.nhs.uk/parents-and-carers)

## A school day in the life with Wendy



First job is checking with Site that they've replenished the blue paper towels. They're here before anyone.



Reading with Mr Denzy during tutor time.



Next up, PE with Mr Keenan.



Super tired from PE. A rest stop with Dr Sleat.



Then onto Mrs Deller for more cuddles.



As it was Diversity week I came prepared.



Making sure everyone gets to lessons safely between the bells.  
With my company of the day.



Next stop, a rest break for some attention. The students are the best for knowing when I need a stroke.



A visit to English and Miss Eveleigh was teaching a live lesson.



Waiting for Mrs Barker, it must be hometime now...

## A note from the head boy + head girl

We have been busy this year as your pupil leadership team, with many meetings, so far we have:

- Released and given feedback on the equality and opportunity survey sent out to everyone and addressed problems and concerns that arose.
- We addressed problems from the earlier survey at Christmas.
- Attended and ran many council meetings with other year groups to discuss problems affecting the pupils and discussing tutor topics.
- Negotiated to the senior leadership team about the change of uniform, concerning ties.
- Talked about the rewards system with the council and created a poster for teachers entailing what they should award LORIC points for.
- Took photos around the school for the new students and for the website.
- Attended a board of governors meeting where we discussed what we have done and what we are proposing to do in September and onwards.
- Continued working on our individual visions on what we want to achieve as your pupil leadership team.

'We hope you have a lovely summer!' Andrew and Evie



The poster is titled "WHAT IS BULLYING?" in large white letters on a dark blue background. Below the title is a definition: "Repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe." Three categories are listed in green circles: VERBAL (Hurtful words, offensive language, swearing, discriminatory language), INDIRECT (Isolating someone, rumours, shaking someone's secrets, cyber-bullying, damaging/taking someone's property and physical appearance), and PHYSICAL (Hurling someone intentionally, kicking, punching, pinching, spitting, stepping). It asks if the reader is experiencing or witnessing any of these forms of behavior and states "If so - IT IS BULLYING". It provides reporting instructions: "Please report it to:" followed by "Anti-Bullying Committee member (Ambassador)", "Any member of staff", "Your 'Go To' Adult", and "Email antibullying@swanmore-sec.hants.sch.uk". At the bottom, it mentions "DIANA AWARD CRISIS MESSENGER" and shows a smartphone with the text "TEXT 04 TO 85258 FOR 24/7 SUPPORT". Logos for Swanmore College and Anti-Bullying are in the top corners.



# SWANMORE COLLEGE ANTI-BULLYING

Look out for the anti-bullying ambassadors newsletter out this summer term, found on the Swanmore college on the website, tutor group registers and on Google Classroom.

## Helping schools have a healthy, digital life

Technology has its pros and cons; it has helped us all stay connected throughout the past year and a half (where would we all be without it?) but it can have a negative impact on our mental health... we must all try and strike a balance between online and offline activities.

Teacher technology tips:

<https://youngminds.org.uk/media/4464/teacher-technology-tips.pdf>

Getting the balance right, helping your students:

<https://youngminds.org.uk/media/4465/getting-the-balance-right2.pdf>

Practical suggestions for parents/ carers:

<https://youngminds.org.uk/media/4462/social-media-a-guide-for-parents.pdf>



SAFEGUARDING  
AT SWANMORE

✉ [wellbeing@swanmore-sec.hants.sch.uk](mailto:wellbeing@swanmore-sec.hants.sch.uk)

Hampshire Healthy Families  
*Today's Health, Tomorrow's Future*

NHS  
Southern Health  
NHS Foundation Trust

ChatHealth

It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name.

Available Monday - Friday 9 am - 4.30 pm

TEXT  
07507  
332417

TEXT  
07507  
322160

Parents of children 5-19

Support for Young people

“County lines is child exploitation and drug dealing, and is an issue affecting rural areas like our community. If you are concerned about your child, there is help available. Take a look at these websites to learn more.”

[Protecting children from county lines | NSPCC Learning](#)

[Advice for parents & carers | FRANK \(talktofrank.com\)](#)

### Action on county line drug gangs



New powers would allow the police to shut down mobile phone lines



'County lines' are where urban gangs are supplying illegal drugs in suburban areas, market or coastal towns



Vulnerable children and adults are exploited by gangs to move drugs and cash around

Home Office

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

Let's Talk About It

<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/>

Look out for more tips on transition in the next edition of Swanmore Speaks



In the meantime check out [MHS secondary transitions toolkit \(mentallyhealthyschools.org.uk\)](https://www.mhsschools.org.uk/)

Please continue to do your twice weekly Lateral Flow Tests and don't forget to report your results.

[Why reporting your test result is as important as taking a test - Education in the media \(blog.gov.uk\)](https://www.blog.gov.uk/2021/09/why-reporting-your-test-result-is-as-important-as-taking-a-test-education-in-the-media/)



## Helplines:

Anxiety UK:  
[support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)  
08444775774

MIND:  
[info@mind.org.uk](mailto:info@mind.org.uk)  
03001233393

No Panic:  
[admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)  
08449674848

Nightline:  
Nightline.ac.uk

Samaritans:  
[jo@samaritans.org](mailto:jo@samaritans.org)  
116123 (freephone)

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