

SWANMORE SPEAKS



SWANMORE
Wellbeing

To ALL Students Returning to School

If you see any of the following:

- *another student struggling to make friends
- *another student being picked on
- *a student who is new, shy, or not with the "in crowd"
- *a student who is eating lunch alone

Be a Leader! Be a Warrior!

Say hi. Smile at them. Ask if you can sit with them. Include them. You never know what that person is facing inside or outside of school.

**YOUR KINDNESS WILL
MAKE A DIFFERENCE IN
SOMEONE'S LIFE**



Hello, and welcome back to our Swanmore Speaks newsletter. For those of you who are new to Swanmore, this is a half-termly newsletter created by the Wellbeing team all about your mental wellbeing. We offer tips and activities to support you in looking after your own mental health and ideas on how you can support your friends, family, children, and others around you.

There will be something for everyone here: students, staff, and parents.

We also have lots of amazing resources on our website - [Wellbeing - Swanmore College](#)

This edition is all about back to school and how to look after yourself as we enter the autumn term and colder months.

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.

How are you doing?

We are one half term in already and we are so proud of how well our new year 7s have settled into Swanmore College life. They now know their way around the site, are familiar with their timetable and have been acquainted with their new teachers. Pupils will have made new friends, joined new lunchtime and after-school clubs and be settling into the new academic year, and this isn't just the year 7s. Year 11s have sat their first set of mock exams already; year 10s are planning work experience for later on this year; year 9s have option choices to make this year and year 8 will be feeling more confident this time around having completed a whole year at Swanmore already. It is a busy time, but are you okay? Is your child okay? How are your colleagues? Don't forget to check in on the people around you. Maybe your child returning to school isn't "more confident" and hasn't "settled well". Please reach out if this is the case. There are some fantastic tips here to get you started. →

Topic of October:
Welcome back to school!

Top tips for talking, for school related matters and much more...
Ideas taken from Anna Freud National Centre for Children and Families

[Young Minds Reminder Tips for Teachers](#)

We are always here to listen.

✉ wellbeing@swamore-sec.hants.sch.uk

[MHS secondary transitions toolkit \(mentallyhealthyschools.org.uk\)](#)

TIPS FOR PARENTS AND PROFESSIONALS

Give your full attention, be curious and take it seriously. We all know it's not nice to be half listened to. Being actively interested in your child can be a powerful way to help them feel listened to and understood. Try to resist the urge to downplay or dismiss what your child is telling you.

Emphasise that you are always available to talk. It may be that your child doesn't want to talk, can't find the words at that moment or is trying to assert their independence. But don't be misled by your teenager's need for separation. They need you just as much as ever.

Think about timing. Ask yourself 'Is this the right time to talk?' Choose a time when you can focus on your child and ignore distractions.



#HELLYEAHTOSELF CARE GENERATOR



Podcast recommendation

Great for those with no time to spare, Meditation Minis Podcast is designed to help you feel better quickly. Designed by Hypnotherapist Chel Hamilton, each episode is meant to help you feel better in about 10 minutes or less.

CALM Ambassadors Kem and Amber are on a mission to simplify self care

Celebrities are campaigning for us all to look after ourselves better. If you would like a “quick-fix” of self care then follow the link below and click on the random generator. This will give you something to do straight away, to look after YOU.

[ITV2 X CALM](#)

Recommended Mental Health Apps

- SAM - self-help anxiety management (Apple & Android)
- Worry Box - anxiety self-help (Android)
- What's Up (Android)
- MindShift (Apple & Android)
- Fear Tools - Anxiety Aid (Apple & Android)
- ThinkNinja (Apple & Android)– designed for 10 – 18 years old

GET OUTSIDE, BE AT ONE WITH NATURE

What better way to embrace the autumn season than to go pumpkin picking? Here is just one of the PYO (pick your own) farms you can visit locally. Ahead of Halloween, support the local farm shops, enjoy their grounds and, once you are back home, get carving your pumpkins. You might prefer to make some fresh pumpkin soup with your pick, or even a pumpkin pie. Whatever you choose to do, it's a wonderful way to spend an autumnal day. There is lots of fun to be had; it's also a great photo spot! If you do visit, we would love to see your pumpkins pics, send to our Wellbeing email address or tag us on instagram.

wellbeing@swamore-sec.hants.sch.uk

Hollam Nurseries,
348 Titchfield Road,
Fareham,
Hampshire
Po143eu
01329 845365



Hollam Nurseries is also dog friendly!

This edition's beauty spot.



Hollam
Nurseries

Walktober is themed around Hampshire and the NHS's 5 steps to wellbeing. It is not too late to join in. Get walking more, today!

Week	Challenge	Action
1/11/2021	Recipe	As the temperature drops, it's the perfect time is for a warming bowl of soup - why not make it for bonfire night?
8/11/2021	Chat	Call a family member or friend you've not seen for a while to have a good old "how are you?" chat.
15/11/2021	Get Outdoors	Autumn is a fantastic time to explore nature - go out and kick up some leaves as you explore local walks.
22/11/2021	Digital Detox/Lights off	Your body needs 8-10 hours of sleep so commit to turning off the screens and make time to zzzzzzzzzzz.
29/11/2021	Workout/Yoga	Make time and space to try our yoga workout. See how yoga breathing can help to calm and de-stress.
6/12/2021	Zentangle	Try https://www.youtube.com/watch?v=yCsONJVXcac for a tutorial on how to create Zentangle patterns.
13/12/2021	Rest and Recharge	Duvet time ahoy! Snuggle up and settle down for some well deserved rest and time to simply be.

WELLNESS WORKOUT

Last edition we looked at yoga breathing.

This time take the breath further with this specially designed workout to help calm teenage worries.

https://www.youtube.com/watch?v=_f8nfwlck-g



Jog on!

Did you know 30 minutes of moderate exercise will boost your mood and help boost your health and immune system?

Take your body out for a gentle jog around your local area. You don't have to do all 30 minutes in one go and you can mix jogging with brisk walking to vary your pace. Maybe invite a friend to come out and jog along.

Couch
to
5K 

Water CHALLENGE

Can you drink 2 litres in a day?

1. Thinly slice the onions and garlic.
2. Melt the butter in a large saucepan.
3. Add the onions and stir fry for 10 minutes until soft.
4. Sprinkle in the sugar, add the garlic and cook for 5 minutes until caramelised. The onions change to a golden brown colour and become sweet.
5. Stir in the flour, add the boiling water and stock cube then stir to thicken.
6. Cover and simmer for 10 minutes.
7. To serve, toast the bread under the grill, scatter on the cheese and grill until bubbling.
8. Spoon the soup into heat-proof bowls, float two slices of cheese toast on top, serve and enjoy.

Ingredients

25g butter or margarine
1 tablespoon oil
4 medium onions
1 tsp sugar
2 garlic cloves
1 heaped tablespoon plain flour
600ml boiling water
1 beef or vegetable stock cube

To Garnish

Slices of French bread toasted and topped with 50g grated cheese

French onion Soup



Have a go at and send Mrs Griffiths a photo of your bake!

mrsgriffiths1@swanmore-school.co.uk

Swanpride

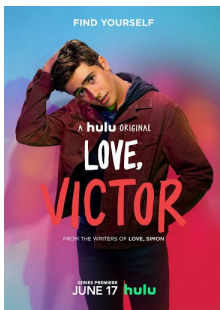
Swanpride will be meeting regularly in **the Pupils centre**. A member of staff will be there to help ensure that group discussions are safe, confidential, and respectful. No assumptions or labels will be used about a group member's sexual orientation or gender identity. We hope members will feel comfortable 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

our series recommendation



Lana Wachowski (born June 21, 1965, formerly known as Larry Wachowski) and Lilly Wachowski (born December 29, 1967, formerly known as Andy Wachowski) are American film and television directors (The Matrix franchise), writers and producers. The sisters are **both trans women**.



"If we could come together and use different points of view, the world would be a better place."

The 27-year-old added that "there's still a lot further to go".

"There are 10 countries competing at these Olympics where being LGBT is punishable by death," he said.

"I feel extremely lucky to be representing Team GB, to be able to stand on the diving board as myself, with a husband and a son, and not have to worry about any ramifications.

"There are lots of people who grow up around the world in less fortunate situations."

"When I was growing up, I always knew I was different. I always heard people saying bad things," he said.

"You never feel as if you can say anything. You swallow yourself up, and you feel like you're never going to be anyone.

"It takes a lot to come out and speak openly. It can be quite daunting and scary for people, especially in sports where the fan bases might not be as accepting.

"I didn't realise the impact it would have on people around the world to live as myself. **I feel extremely proud of that.**" - Tom Daley

In 2021, the IOC approved **Laurel Hubbard**, a trans woman, to compete in the 2020 Summer Olympics in weightlifting. Hubbard became the first out trans woman to compete at the Olympics; she did not complete her lifts and won no medals.



SWANMORE
LGBTQ+



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/>

When your mask comes off
take a deep breath

MENTAL HEALTH AT WORK

Talk with someone who gets it.

24/7 emotional support

Our Frontline.

“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*



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Your time,
your words,
your presence

Teacher Toolkit

HELLO YELLOW

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...

“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*



Mental Health Awareness Week

Wellbeing Champions



Swanmore College is proud to present the Wellbeing Champions.

We are here to help our students with their mental health. Students from years 8-11, along with a variety of teachers, have come together to make a community where we can all help different people overcome difficult situations. We are here for you to make sure you get the support and help you need. We are eager to spread the message that mental health is normal. There is good mental health and bad mental health. It is ok to have bad mental health and we as a committee feel it is always good to talk about it.

Our latest project is the pupil centre, which is being transformed into a place where anyone can go for support. Members of our wellbeing team are always available to listen. Our main goal is to remove the negative stigma surrounding mental health. We plan to give regular updates on what's happening in our committee and what we are doing around the school.



Pets are like best friends - they're always there for you and they're great listeners! Did you know that according to HABRI, 74% of pet owners say that owning a pet has improved their mental health. Human and animal interaction causes a sense of calm, comfort and focus as a result of increasing oxytocin levels in the brain. They also decrease levels of cortisol and lower blood pressure. Certain pets help physical health too; this is mainly associated with taking dogs on a walk but there are many other animals that can help your physical well-being. Simply petting or stroking a pet can help you calm down no matter how big or small the pet is. Emotional support animals (or ESAs) are animals that provide comfort and aid to their owner. The owner may have a certain disability or illness that the animal has been assigned to help with. When people think of ESAs, they generally think of dogs but there have been cats, parrots, ferrets, tortoises and many more. However, an emotional support animal is different from a service animal. Service animals have been trained since they were young to help their owner with their disability and tend to stay with their owner for all their life. As well as your pet being there for you, looking after your pet can give you an enormous sense of well-being. Feeding your pet, playing with your pet, grooming your pet and even training your pet are all beneficial to you and your furry or scaled friends.



How can we reduce stigma towards mental health?

Watch your language - Make sure you are not using language or comments that stigmatize people with mental illness. Words like 'mental' or 'crazy'

Ask questions - a lot can be learned by asking questions of a mental health professional like a counsellor or doctor, or a person who has lived experience with a mental illness.

Learning - Great resources are available online to help educate you on different mental illnesses. Increased education means fewer misunderstandings and less stigma.

Listen to experiences - Once you have learned a bit about mental illness, consider asking someone you know about their experience with mental illness. If you are considerate and respectful, they may be comfortable speaking about their experiences. If you have lived experience, consider sharing your story with others

Speak out - Help reduce stigma by speaking out when others stigmatize people with mental illnesses or spread misconceptions.

Year 10 PSHE saw a focus on *stigma around wellbeing and mental illness* during the week of 27th September. It was great to hear pupils' views on this. Several young people said they would be afraid still to admit to having a mental illness, they might get called 'weird' or 'miserable' or a 'psycho'. We discussed why some people have these opinions towards a mental illness and some of the influences for these opinions are listed below::

Social media

Family and friends

Past experiences

Pupils were given statements such as: *mental illness only happens to certain kinds of people* and then they were asked to agree or disagree. The session was really successful and we hope everyone took something away from it about how stigma can be damaging to those with mental illnesses.

Sometimes, all you
need is a hug



Not everyone will like the change in
you and that's *alright*

@teenage_tale

SWANMORE COLLEGE ANTI-BULLYING

The Anti-Bullying Committee has been incredibly busy in the first few weeks of term. The development of the new Pupil Centre is underway and they were delighted to use this as a base at the recent Open Evening to share their Anti-Bullying work with prospective pupils and parents.

In addition to this, the Committee has launched two separate Anti-Bullying Competitions for year 7 and 8. Year 7 have been challenged with designing their Anti-Bullying Tutor Group T-Shirt while Year 8 have returned to the T-shirts they produced last year and are adding to them and designing their own Anti-Bullying Logo. Both competitions will be judged by the Committee and the winners announced during assemblies during our Anti-Bullying Week assemblies.

Coming up

Anti-Bullying Week (W/B 15th November). The theme this year is "One Kind Word".

We will also be taking part in *odd Socks Day* during this week.



National Hate Crime Awareness Week 2021

took place from 9th – 16th October 2021.

What is a hate crime?

Hate crimes are any crimes that are targeted at a person because of hostility or prejudice towards that person's:

- disability
- race or ethnicity
- religion or belief
- sexual orientation
- transgender identity

#WeStandTogether #NoPlaceForHate #SafePlaceForAll
Together #NoPlaceForHate #SafePlaceForAll #WeStand
#NoPlaceForHate #SafePlaceForAll #WeStandTogether
ForHate #SafePlaceForAll #WeStandTogether #NoPlace
#SafePlaceForAll #WeStandTogether #NoPlaceForHate
ForAll #WeStandTogether #NoPlaceForHate #SafePlace

They can be committed against a person or property. A victim does not have to be a member of the group at which the hostility is targeted. In fact, anyone could be a victim of a hate crime.

You can find lots of information and many resources here [National Hate Crime Awareness Week website](#)
Did you spot the hashtag #NHCAW on social media?



SAFEGUARDING
AT SWANMORE

✉ 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



<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/>

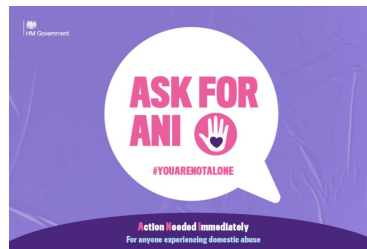


check out

[MHS secondary transitions toolkit \(mentallyhealthyschools.org.uk\)](https://mentallyhealthyschools.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)



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](https://www.nightline.ac.uk)

Samaritans:
jo@samaritans.org
116123 (freephone)

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