

# SWANMORE SPEAKS



Hello and welcome to our Christmas and New Year newsletter. We hope you are keeping well and enjoy this edition. We know that this time of year can be wonderful, but also stressful, so here you will find present and gifting ideas, a recipe for a Yule log to make and decorate, as well as some film and podcast recommendations.

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

Merry Christmas  
and a  
Happy New Year!

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.



Week	Challenge	Action
5/1/22	Thank you note	Write a thank you note to someone for a gift you received at Christmas that you really appreciated.
10/1/22	Water and walk	Grab a bottle of water and take a walk outside - stop to take a sip of water and look for something to be thankful for around you.
17/1/22	Appreciate something <b>blue</b>	This week find something blue; maybe it is something you own - it could even be the sky - and be grateful for this.
24/1/22	Plant something seasonal	Find out what you should be planting this time of year and have a go at growing your own!
3/2/22	Movie time	Re-watch a favourite movie - and yes it can be a festive one!
7/2/22	And breathe....	Find a mindfulness breathing app or youtube video and take time to lie down under a blanket and listen to it. <a href="https://www.youtube.com/watch?v=Bk_qU7I-fcU">https://www.youtube.com/watch?v=Bk_qU7I-fcU</a>
14/2/22	Try something new	New year's resolutions may have long passed. Whether you stuck to yours or not, try something you have never done before this week or arrange something exciting for half term next week.



# The superpowers of gardening and being a gardener.

We are always here to listen.

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

*Planting flowers and vegetables can reap bountiful bouquets and delicious harvests for your dining table. But did you know gardening also can do wonders for your well-being? Here are eight surprising health benefits of gardening.*

## **1. Gardening can build self-esteem.**

Maybe you don't think you were born with a green fingers, but after preparing, planting, nurturing and harvesting plants, you might see a slightly different person in the mirror: a person who can grow things and is a little more in tune with the earth.

There is something very satisfying in being able to share something that you have grown and to keep trying when things don't quite go according to plan. Gardening brings a simple sense of purpose and can help to develop real patience and understanding. It always feels good to accomplish new tasks, and if you can grow a garden, what can't you do?

## **2. Gardening is good for your heart.**

All that digging, planting and weeding burns calories and strengthens your heart. Not only is gardening good for your heart but its is good for your whole body. Gardening has been described as another form of outside yoga and you use every part of your body in stretching and bending.

## **3. Gardening reduces stress.**

Gardening can help to reduce the symptoms of low mood and anxiety. Gardening gives you a chance to focus on something and put your mind to work with a goal and a task in mind. You can use gardening as a form of positive mental health grounding and set yourself a task that can allow your mind to have a break from your worries. It is also beneficial to have some time with your family or friends that you may want to talk about worries whilst completing simple tasks. Of course, it is also a good opportunity to learn to appreciate your own company and just give yourself a break from all everything.

## **4. Gardening can make you happy.**

Getting dirt under your nails while digging in the ground can make you pretty happy. In inhaling healthy bacteria that lives in soil, can increase levels of serotonin and reduce anxiety.

"I think that it helps calm me down sometimes, and it's nice because I can go with my friend and it takes your mind off of school."

## **5. Gardening can improve your hand strength.**

All that digging, planting and pulling does more than produce plants. Gardening also will increase your hand strength. What a great way to keep your hands and fingers as strong as possible for as long as possible.

## **6. Gardening is good for the whole family.**

Gardening can be a solo activity or an opportunity for bonding with your family and friends. The happiness and stress relief that gardening provides is a great thing to share with loved ones. Also, gardening has special benefits for children.

Early exposure to dirt has been linked to numerous health benefits, from reducing allergies to autoimmune diseases.

## **7. Gardening can give you a boost of vitamin D.**

A healthy dose of vitamin D increases your calcium levels, which benefits your bones and immune system. Exposure to sunlight helps older adults achieve adequate amounts of vitamin D. Just don't forget your sunscreen.

## **8. Growing your own food can help you eat healthier.**

If you have a vegetable or herb or fruit garden, you're getting fresh produce that you know hasn't been treated with pesticides. It's essentially as farm-to-table as it can get and there is nothing more satisfying than sharing your home grown produce with family and friends. Equally being able to display and share cutting flowers not only gives great joy but can help you to express yourself creatively.

Some attempts of course are more successful than others!

*Here at Swanmore College we are keen to encourage our pupils and staff to join in with the development of our school garden. We meet on a Thursday at 3.15pm until 4.30pm and all are welcome. If you need any further information please contact Mrs Deller, Family Liaison and very happy gardener!*



There is always light in every situation

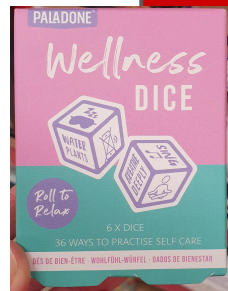


## Podcast recommendation

A Christmas podcast that celebrates the coziness of Christmas by sharing stories, memories, and classic tales of Christmas. Download wherever you get your podcasts.



Merry Xmas from Wendy



Some Christmas shopping gift ideas, or even stocking fillers for yourself!

These items are all from Tesco



### 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

Do you ever go for a walk on Christmas day? Maybe you save it for Boxing day or New Year's day? Whenever you can get out this Christmas break and in the new year, we guarantee you will feel better for it. There is nothing like a fresh, crisp walk when snuggled into your warm coat and knitwear accessories. Perhaps you will take your new winter warmers out for their first time, post Christmas. Don't forget a warm drink in your reusable cup (let's try to be sustainable and all that). Here are 12 ideas for a walk with a Christmas twist. Enjoy!

### "On the twelfth day of Christmas *Visit Hampshire gave to me...*"

- 12 Deer are Grazing...Bolderwood Deer Spotting Walk, New Forest National Park
- 11 Miles of Disused Railway... Meon Valley Trail, South Downs National Park
- 10 Trout are Swimming...The Test way, Test Valley
- 9 New Forest Ponies...Lyndhurst Parish Walk, New Forest National park
- 8 Ships are Sailing...The Solent Way
- 7 Waves are Breaking...Lepe Loop, New Forest National Park
- 6 Jane Austen Novels...Jane Austen Trail, Alton
- 5 Tall Trees...Tall Trees Trail, New Forest National Park
- 4 Diving Ducks...Fleet Pond Circular Walk
- 3 Hill Fort Rings...Old Winchester Hill, South Downs National Park
- 2 Miles of Roman Walls..Silchester Roman Town Walk
- And a Hundred-Mile South Downs Way...The South Downs Way, The South Downs National Park

<https://www.visit-hampshire.co.uk/things-to-do/walking-and-hiking/christmas-walks-in-hampshire>

This edition's beauty spot.

## Lepe Loop, New Forest Country Park



Pick your own Christmas tree If you don't have a tree up yet, click on the link to see where you can pick a tree near you:

<http://www.pickyourownchristmastree.org.uk/Hampshire.php>

# Wellness WORKOUT

This festive workout caught my eye as they are working out in a kitchen !

Have a go and see what you think - cookie making optional....

<https://www.youtube.com/watch?v=oEbTPBFnP8Y>



## Can you do the Santa Claus shuffle?

Start by lifting your knees up a little then move them higher and go faster - 3 x 30 secs should warm you up nicely

How about the Sugarplum Squats, Peppermint Plank to Push-Up, Candy Cane Crunches or Hot Chocolate Calf Raises?

Full instructions at <https://www.piedmont.org/living-better/5-festive-exercises-you-can-do-anywhere>

## Water CHALLENGE

Can you drink 2 litres in a day?

1. Oven on Gas 5, 190°C.
2. Prepare swiss roll tin by lining with paper, lightly oil.
3. Sieve flour and cocoa onto a plate.
4. Place eggs and sugar into a glass bowl and whisk until thick and creamy.
5. Using a tablespoon fold in the sieved flour using a figure of 8 movement.
6. Pour mixture into tin and tip to spread evenly.
7. Bake approx 8 -10 minutes.
8. While baking prepare 2<sup>nd</sup> piece of paper by spreading caster sugar over it.
9. Turn cooked sponge onto sugared paper. Trim edges if needed.
10. Using paper under the sponge, roll the cake up firmly from one end.
11. Leave to cool.
12. Make butter icing by beating marg using the electric hand mixer and add the icing sugar and cocoa powder slowly until mixed, light and fluffy.
13. Unwrap the cold roll and spread butter cream inside then roll back up.
14. Cover in the rest of the butter cream, use a fork to give a wooden effect and decorate.



### Ingredients

50g self raising flour  
15g Cocoa powder  
50g caster sugar  
2 eggs

### For the butter cream

250g Icing sugar 50g Cocoa powder  
sieved together  
150g soft margarine  
Icing sugar to dust plus suitable small  
Xmas cake decorations.

### Equipment

Swiss Roll tin  
Baking paper  
Sieve  
Plate  
Bowl  
Whisk  
Tablespoon  
Table knife  
Cooling rack

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

Swanpride will be meeting regularly in **The Pupil 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), Miss Barnes (PE) 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)

Strictly Come Dancing's same sex couple John Whaite and Johannes Radebe are delighted as their presence on the BBC and television in general has inspired fans to come out.



A new question box has been placed in the pupil centre for students to put their questions/comments and we will discuss these as a group.

*For extra support and advice.*

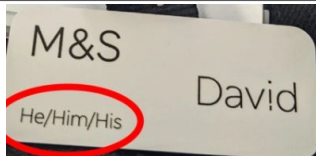
[Breakout Youth: LGBTQ+ Support Hampshire & Isle of Wight](#)

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

[LGBT+ - Y Services](#)

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

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



**LGBTQ+M&S Marks & Spencer giving out pronoun badges to staff so customers know how to address them**

Some success stories so far

We just wanted to put into words how wonderful the LGBTQ+ meeting has helped one of my tutees. They were very much at the start of their journey, and they hadn't discussed it with anyone. They went to the deputy head of year and were recommended the LGBTQ+ group/ meeting, they have gone every other fortnight now. They are extremely happy with the support and advice, they said it felt safe and that "Mrs Hinson did exactly what she said she was going to do, and she asked people to discuss how they told their parents". As mentioned, this student is right at the start of their journey, therefore having this area and support on hand at school has been a huge help for them, and hearing what other people did has really benefited this student.

Just to say thank you for setting up an LGBT support group for your students. It will help them a lot and it shows what an open minded and forward-thinking school you are. Looking back at our school days in the 1980s, any students suspected of being LGBT were mocked and felt they had to hide their true selves. We're glad times have changed for the better. Well done.

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 forum for local schools and providers

On Wednesday 24th November Swanmore held its first wellbeing consortium meeting. Wildern School, Thornden School, The Mountbatten School, St Johns Primary School and Castle View Academy all attended. We look forward to working with these schools and many more as our network grows and we are excited to share best practice on mental health and wellbeing across all schools. Our next meeting is Wednesday 9th February 2022.



Mince pies  
made by staff  
December  
2021



## Staff wellbeing at Swanmore

We have a range of after school activities all staff are welcome to sign up to and enjoy. Choose from Walking, Art, Woodwork, Baking, Golf, French, Yoga or Colouring.

Some of the staff wellbeing sessions have run this term and been a great success. Staff from catering, learning support, site and admin (as well as teachers) have come together and socialised whilst taking part in their activity. We all look forward to more of these in the Spring term.

CONNECT

TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

BE  
ACTIVE

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

TAKE  
NOTICE

REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

KEEP  
LEARNING

EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF

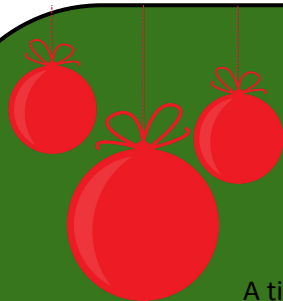
Give

Your time,  
your words,  
your presence

# 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. The wellbeing champions are always available during break and lunchtimes; you will definitely find someone to talk to in The Pupil Centre, but often they are wandering around the school site too. You can identify a wellbeing champion by the badges they proudly wear on their blazers and all members are approachable and happy to talk anytime. If you would rather talk to a member of staff, look out for the wellbeing lanyards some teachers, year heads, TAs, SLT and other members of staff are wearing.



Coming in Spring 2022

A new head girl and head boy

A timetable of wellbeing clubs at break and lunchtimes



Watch  
this  
space!



## New year's resolutions

Each year millions of people make promises to themselves that the following year will be a better one; whether that means being more active, being a healthier eater, saving more money, spending less money, getting in contact with old friends and family. How good are we at keeping to these resolutions though? Let us not focus on the negatives and numbers of how many people don't stick to their goals, but instead find ways to help us achieve them.

1. Set small micro-goals which are specific and realistic
2. Set resolutions for the right reasons, reflect and ensure they are for you (not somebody else)
3. Document your progress to help you stay on track
4. Practice patience and forgiveness, if you have a wobble remind yourself that no-one is perfect
5. Schedule in time for your resolutions (and you), just as you would for family and friends
6. Buddy up with someone when making resolutions, it is easier to achieve together
7. Slow down and meditate, think about your resolution for at least a few minutes per day

8. Reward yourself for achievements
9. Ask others to keep you accountable, you are more likely to stick to the resolution if you have told people (that you trust) and when they check in with you, you can feel great!



## Blue Monday

Monday 17th January 2022  
Let's turn it around this year..

The third Monday of January has been awarded the gloomy title due to a combination of post-Christmas blues, cold dark nights and the arrival of unpaid credit card bills. How can you ensure that your "blue Monday" isn't so *blue*? Check out the wellness calendar and make plans for this day. Give yourself something to look forward to; reward yourself if you have stuck to your new year's resolutions.

# ANTI-BULLYING

## ONE KIND WORD

This year's Anti-Bullying Week focused on the concept of One Kind Word. Our Anti-Bullying Committee were pleased to deliver assemblies to all year groups on this theme and also to involve all pupils in producing a display of kind words which we can all use. The Committee reminded all pupils of what bullying is and how to get help. Every pupil was given a card with this information on to keep in their blazer pockets. Committee members have also put together a video on Anti-Bullying which has been shared with parents/carers.

## Odd socks day

We also participated in Odd Socks Day on 15<sup>th</sup> November. Thank you to everyone who joined in by wearing wacky, odd socks to celebrate our differences.

## Year 7 T-shirt competition

We have been delighted to announce the winners of the Year 7 Anti-Bullying Competition. The committee members judged the competition and were overwhelmed by the creativity and positivity shown by everyone in year 7. The winning T-shirt was created by 7R7!



We hope these kind *one words* will be displayed around the school soon...



## Reporting issues on TikTok

If you find content that seems inappropriate, such as abuse, spam, or anything else that violates our community policy, you can report it directly in the app.

### Report an account:

- 1 - Go to the profile page of the account you want to report
- 2 - Tap the **Menu button**
- 3 - Tap on **“Report”**
- 4 - Follow the instructions on the screen

### Report a Video:

- 1 - On the TikTok screen, **tap Menu**
- 2 - Tap on **“Report”**
- 3 - Follow the instructions on the screen

### Report a comment:

1. Tap the comment you want to report.
2. Tap on “Report”
3. Follow the instructions on the screen.

### Report a chat

1. Open the conversation you want to report.
2. Tap on the name of the person/ group (iOS) or on the Menu button (Android)
3. Tap on “Report”
4. Follow the instructions on the screen.

## Staying in control of screen time

By enabling the Digital Wellbeing feature, you can control the time spent on TikTok and limit the appearance of content that may not be appropriate for all audiences.

You can find these features in the “Privacy and Settings” section within the TikTok app.

### Screen Time Management

With this feature users will be able to select if they want to spend 40, 60, 90 or 120 minutes per day on the app. This feature is password protected. If users reach their screen time limit they will need to enter a password to continue to use TikTok.

### Restricted Mode

Once enabled, this setting will limit the appearance of content that may not be appropriate for all audiences. The feature is activated via a password.

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



SAFEGUARDING  
AT SWANMORE

<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/>



Discretely intercepting harmful searches and providing signposting to 24/7, free mental health support at a time when you are most vulnerable.

To find out more:

<https://www.ripplesuicideprevention.com/>

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 \(blog.gov.uk\)](#)



## 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](http://Nightline.ac.uk)

Samaritans:

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

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