



SWANMORE Speaks

SWANMORE
Wellbeing



Summer is nearly
upon us



Welcome to our half termly newsletter: Swanmore Speaks. We are so proud that our newsletter has been going for over a year now. We hope you enjoy it. Please share it with friends and family each half term and we hope you can find something to take away from it to help improve your mental health. Feedback is always welcome; if you'd like any special features or topics covered please just let us know.

✉ wellbeing@swanmore-sec.hants.sch.uk

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



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
6.6.22	Focus on now	Spend time focusing on the now instead of worrying too much about the future. This week try some relaxation techniques and mindfulness.
13.6.22	Getting enough rest	Make sure you have enough down time before bed and a good sleep routine with a regular bedtime and wake up time.
20.6.22	Mental Workout	Try something different with our Mental Workout on page 6.
27.6.22	Say HELLO!	With it being year 6 induction week this week, we thought we'd encourage everyone to say hello or have a conversation with someone new- be a friendly face to a stranger or someone you recognise.
4.7.22	Summer sort out	Are you ready for the warmer weather? This week make sure you've got suncream, a water bottle, hat, and sunglasses.
11.7.22	Lemon Meringue Pie	Have a go at this edition's recipe and send us your successes!
18.11.22	Do something for yourself	Have some me time by spending regular time on things that make you happy, whether that be a hobby, trying something new, or relaxing!



Swanmore Young Carers

By definition, a Young Carer is someone under the age of 18 who looks after a family member or friend who has a physical or mental health condition, or misuses drugs or alcohol. They may also look after brothers, sisters or elderly relatives too.

We have a **whole school** commitment to Young Carers at Swanmore. All teaching staff are trained in how to help/support Young Carers in their lesson and who to tell if they think a pupil is a Young Carer.

In school, Mrs Wiggans and Miss Gregory run a Young Carers group every Friday during tutor. We have pupils from across all year groups coming to us for help and support.

Pupils - If you believe you are a Young Carer, please come to the Pupil Centre and speak to Mrs Wiggans or Miss Gregory.

Parents/carers - If you believe your child is a Young Carer, please email the enquiries address enquiries@swanmore-sec.hants.sch.uk for the attention of Mrs Wiggans and Miss Gregory and we will be more than happy to get in contact with you.

Please visit the wellbeing section on the Swanmore College website where you will find further support for Young Carers.



Week Day	First Break 11-11:35	Second Break 13:35-14:00	Notes
Monday	Pom Poms	Puzzles Galore!	
Tuesday	Card Games Shoot the Breeze	Friendship Bracelets/Braided Keychains	(Shoot the Breeze group will be in PE space.)
Wednesday	Wellbeing Wednesday Swanpride	Wellbeing Wednesday	
Thursday	Lego	Mindful Colouring	
Friday	Zentangle Art Young Carers	It's a kind of Magic	

Come and join us in the Pupil Centre every break throughout the week. We have a large selection of clubs run by the Wellbeing Champions, Anti-Bullying Ambassadors and supported by members of the Staff Wellbeing team.

You can drop in for a one off session or come along every week, it is entirely up to you!

We hope you enjoyed our recent video promoting the Pupil Centre which you may have seen in assembly.



#1 Apple Podcast

I want to empower you to become the architect of your own health. Because when you feel better, you live more.

Since its launch in January 2018, my 'Feel Better, Live More' podcast has grown rapidly to become the Number 1 health podcast in the UK & Europe. New long form episode released every Wednesday and a shorter bite-sized episode is released every Friday. I hope you enjoy listening.

Podcast recommendation



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

The River Hamble Country Park is a lovely place to visit. You can take a bbq or picnic, plan your time on the adventure playground, walk you dog, try a new watersport, explore the many trails and paths and even search for the wreck of the Grace Dieu!

Those keen to get on the water can try stand up paddleboarding or kayaking (bring your own or hire on site). Wildlife spotters can see what they might find in the woodlands or saltmarshes. There is something for everyone so ask you parent/carer if you can plan a day out!



Open 8:30am - 8:30pm May-Aug

Where to find River Hamble Country Park: The park is half a mile from Junction 8 off the M27, between Portsmouth and Southampton. Navigate to Pylands Lane and follow the road through the park to the signposted car parks.

If you're using a sat nav to find your way to the park via the postcode, please use SO31 1BH and look out for brown tourist information signs to guide you in the right direction.

WELLNESS WORKOUT

With a twist

This half term the workout we are offering is a little different: this is your essential mental health workout plan to improve your wellbeing in five weeks, offered by Harley Street psychotherapist Zoë Aston, who has worked with the likes of Pixie Lott and Barry's Bootcamp.

This article reminds us to 'warm up' our minds, like we would our bodies before a workout. Self-esteem is compared to core stability, as the mental equivalent to the physical fundamental when we train. Boundaries and vulnerability are the flexibility and motion for the mind. The more practice you get, the more 'flexibility' (not physical this time) and opportunities will come your way. This proves to reduce anxiety and panic, as if in a physical workout fatigue and injury would be reduced if practised regularly. Just like a post-workout glow, add some appreciation into your day- let this allow you to glow.

Move more... ***"We live very sedentary lifestyles and lots of things about how we feel about ourselves and our anxieties can build up inside of our system. When we move around, they literally flush out."***

Think about creating a *weekly* mental workout- involve therapeutic space, include some social events in your week but also some time on your own, plan in some cardiovascular exercise and finally include some self care.

Some key exercises we love:

Exercise: Look in the mirror, observe and repeat three times: 'I notice I feel (____) about my (____) and I accept myself anyway.'

Exercise: Identify the boundary that needs setting, imagine and practise what you'd like to say and do to set that boundary, then go back to the situation or person and set it. Feel the feelings, hold your position. This can be the hardest part.

Exercise: Make your bed, walk, stretch, dance, do light chores. Think about how it changes your feelings and thoughts. Like a cooldown, this should help your mind and body chill out and reset.

"...when we're in need of a fitness reboot, we tackle our physical health head-on with a plan. Why should our mental health be any different?"

[Your mental health workout plan to improve your wellbeing in weeks | Metro News](#)

1. Preheat oven to 180°C. Sieve flour, icing sugar into a bowl.
2. Cut the butter into chunks and rub into the flour.
3. Add 1 tsp cold water and stir in. Continue until it clumps.
4. Use hands to bring pastry together.
5. Roll out and line tin.
6. Line pastry with greaseproof paper and baking beans.
7. Put onto a baking tray and bake for 15 mins.
8. Remove the paper and bake for another 5 mins.
9. On a chopping board, zest the lemons.
10. Juice the lemons into a jug.
11. Top up the juice to 250ml with water.
12. Separate the eggs. Put the egg whites in the fridge until tomorrow.
13. Put the juice, zest, caster sugar and cornflour into a saucepan.
14. Bring to a simmer and whisk **constantly** until the mixture is thick.
15. Take off the heat and add the egg yolks and butter, whisking **constantly** until the mixture is smooth.
16. Pour the lemon curd into the pastry case and leave to cool.
17. Turn oven down to 130°C. Wash a mixing bowl with **hot, soapy water** and dry properly. Put the egg whites into the bowl.
18. Whisk to make stiff peaks.
19. Add the cornflour and whisk.
20. Add the sugar 1 tbs at a time and whisk.
21. Keep whisking until the mixture feels smooth and not gritty.
22. Spoon the mixture onto the filled pastry case.
23. Put onto a baking tray and bake in the oven for 25-40 mins.
24. Wash up, dry up and tidy away.

British Nutrition
Foundation
Healthy Eating week
13-17 June 2022



Lemon Meringue Pie

Ingredients:

Pastry:

200g plain flour, 100g butter, 25g icing sugar

Curd:

3 lemons, 3 eggs. 150g caster sugar, 40g butter, 40g cornflour

Meringue:

3 egg whites, 150g caster sugar, 2 tsp cornflour

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

Swanmore Gardening Club

The school garden is developing well and the children have been busy sowing seeds and planting vegetables and we are thinking about plants that will attract pollinators. We would like to send special thanks to David Austin Roses for the contribution of six beautiful plants which will make a wonderful display at the back of the garden. The children were so excited by the arrival of the boxes and can't wait to start picking roses to take home to their families. This is all part of us learning about the healing processes that a garden can provide, and we would like to encourage as many families as possible to start learning about the powers of the natural world around us. We will be watching the development of the roses along with our other planting and using the smells and colours to help us clear our minds from daily worries.

How does your garden feel?

Touch activates parts of our brain that influence how we feel and respond to the world around us. Feeling the soil in our hands or gently running our fingers over the grass can help us all to connect with the joy and relaxation of nature



Listen – what is the most relaxing sound in your garden?

Imagine being in a garden with your eyes shut. What sounds can you hear and how do they make you feel? Sound has a potent effect on our wellbeing and a garden is one of the best places to explore how nature's melodies can help us to de-stress. Research shows that natural sounds such as birdsong, the rustling of leaves or the trickling of water helps to restore our minds.

Mind – How can gardening help our wellbeing?

Being in a garden feels good. Just a few minutes among the leaves, flowers and wildlife can distract us from everyday life, soothe us, tune us in to the present and connect us to the natural world.

Why is gardening good for us?

As we look after our gardens they look after us. They have the power to transform our wellbeing, mind, body and soul and help us to create a healthier future. In gardens our minds can become fascinated by Mother's nature's beauty and complexity, resting and recharging our brains. Gardening can help us to grow new friendships, food and plants that can heal. By gardening we connect with the natural world we depend on and the joy that can bring.

Senses – Look, listen, smell, touch and taste

A garden is a sensory treat full of colour, shapes, smells, texture and tastes. As it grows and changes around us it takes our senses on a journey. Spring raindrops patter rhythmically on trees, warm summer breezes carry scents, autumn leaves crunch underfoot and winter frosts draw incredible patterns. Simply enjoying these natural sensory experiences has been proved to improve our wellbeing.

Smells – can scents change our feelings?

For centuries people have believed that botanical scents have the power to boost our mood and health. Now scientists know that smells affect memory, emotions, and our brainwaves in powerful ways. So growing scented plants throughout the seasons could boost your wellbeing all year round.



Heal – are there hidden cures in the garden?

An astounding 35,500 medicinal plants have been discovered. Some grow in our gardens and scientists are discovering new medicines made from plants.

Taste – can gardens add more flavour to our lives?

How do you feel when you have picked a ripe strawberry or a tomato warm from the day's sun? What we experience as flavour is a complex collaboration between the senses of smell, taste, sight and touch.

How are gardeners good for our world?

Gardeners are agents for positive change. From our gardens we can help tackle climate change, safeguard threatened wildlife, protect against pests and look after our planet's precious resources. Of course, by becoming gardeners we are also looking after ourselves and our wellbeing.

If you would like to get involved with gardening club please contact Mrs Deller. We meet on a Monday from 3pm until 4.30pm and be prepared to get dirty and have some fun.

Swanpride

For extra support
and advice.

Breakout Youth: LGBTQ+
Support Hampshire & Isle of
Wight

Homepage - Mermaids
(mermaidsuk.org.uk)

LGBT+ - Y Services
<https://www.justlikeus.org/>
<https://www.stonewall.org.uk/>



SWANMORE
LGBTQ+

SWANPRIDE

LGBTQ+ CLUB

WEDNESDAYS / 1ST BREAK
THE PUPIL CENTRE

- Information, advice and guidance
- A welcoming, safe environment
- Support for all (not just LGBTQ+)

Any questions? Email us!
swanpride@swanmore-school.co.uk



Portsmouth Pride History

In 2017, Portsmouth Pride was started by local LGBTQIA+ groups. The main event was very successful, and so the team launched an even bigger event in 2018, with the aim to reach out to more people in the community.

Portsmouth Pride aims to raise awareness through entertainment and community engagement.

Would you like more information?

Swanpride have a range of leaflets for you to take away, some made by members of the team. Please ask us or ask your tutor if you'd like some.

PORTSMOUTH PRIDE

SATURDAY

11TH JUNE 2022

Southsea Common 12:00 - 21:00

HEADLINERS

RHYTHM SOS

Blue Hydrangea

THE SPICE GIRLS EXPERIENCE | KYLIE ON A NIGHT LIKE THIS

CHERRY LIQUOR | AURA JAY | THE FABULOUS JOSH

MISS PENNY | WILL & THE STARLIGHT | BIPHONY

SANDRA | MILES ELLIOT OF HEART & SOUL | BRENT WOOD

AMBA TREMAIN | BARONESS MARY GOLDS | THORN HILL | ON THE SPOT

PORTSMOUTH PRIDE YOUTH SOCIETY | SOLENT GAY MENS CHORUS | LINDA BACARDI

BOBO THE DRAG THING | THE NEPTUNE GIRLS | ADAM Renz | CHARLOTTE STREET

THE URBAN VOCAL GROUP | DEUCE BURLESQUE | DAWN THE DRAG QUEEN

PLUS LOADS MORE

SPONSORED BY

THE UNION | Portsmouth City Council | HB | AIRBUS | BAE SYSTEMS | southern coop

BISCOES | ENWOOD | Stagecoach | GMB

IN PARTNERSHIP WITH

PORTSMOUTH CATHEDRAL | HOVER | HELL.CAT

f @portsmouthprideuk | @portsmouthprideuk | @pompey_pride

Swanmore College are excited to offer a day trip to the Portsmouth Pride Event on **Saturday 11 June 2022**.

Portsmouth Pride is held annually on Southsea Common - it is a festival style event, starting with a parade along the seafront, followed by music on two stages. Portsmouth Pride celebrates and supports our LGBTQ+ community.

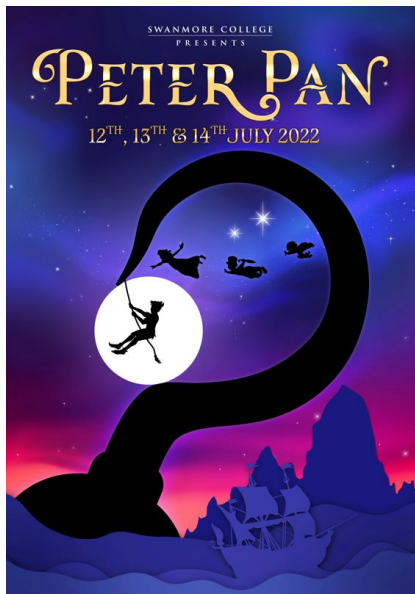
The cost of this trip is **£10**. We will be travelling to the event by minibus. Our tickets will allow entrance to the 'Golden Circle', a secure area close to the stage and will ensure that we stay safely together.

There are stalls selling both goods and food - so some spending money may be needed for these as required, you could of course, bring a pack lunch and drink. Uniform is not required. Timings of the day will be confirmed but we aim to be back at Swanmore College by 8pm

This trip is open to all year groups; however, places are limited. We look forward to sharing our memories of the day with you in our next newsletter.

Peter Pan

Rehearsals are now well underway for the College Production of Peter Pan – the first whole college production for two years! As you can imagine the cast are really excited to be able to share their hard work with you and their newly acquired ‘flying’ skills. Tickets will be on sale in June so come and support the cast and see a fantastic show as well. Dates of the show are: Tuesday 12th July, Wednesday 13th July and Thursday 14th July



Swanmore Staff Wellbeing

Swanmore Golf Society for members of staff is in full ‘swing’ and we are next heading out on Tuesday 14th June. If you would like to join too please email Mr Guillen.



We are offering staff the opportunity to learn to crochet- teaching basic stitches, technical terms and how to read a pattern. Come along on Thursday 9th June, Thursday 23rd June and Thursday 14th July 3.30-4.30pm.



Looking for support?

We all have mental health. Sometimes this is positive and at times not so easy. It is important to remember that it is our individual and personal responsibility to seek help and advice when needed.

Staff Football

When? Fridays after school
Where? MUGA (if dry), Sports Hall (if raining)
For more details, please email Dave Hedicker.

Staff Yoga

When? Tuesdays, 4.15 - 5.15 pm
Where? The Performing Arts Building
For more details, please email Sarah Duffy.

Helplines

Mind
Call 0300 123 3393
or text 86463

Mind offers advice, support and information to people experiencing a mental health difficulty and their family and friends.

Rethink

Call 0300 5000 927

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

Samaritans

Call 116 123

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

SHOUT

Text SHOUT to 85258

A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Employee Assistance Programme

Freephone 0800 030 5182 healthassuranceap.co.uk

24 hour a day, 365 day a year free, confidential telephone advice and information line covering a wide range of issues including work, personal and family related, available all staff and their immediate family members.

Useful Apps

Free apps available for download to help you manage your mental health and wellbeing.



Calm



Headpace



Sleep Cycle



MindShift CBT



Breathe



7 Minute Workout



Happify



MyPossibleSelf

Unions

NASUWT
www.nasuw.org.uk

NEU
neu.org.uk

NUT
www.teachers.org.uk

Unison
www.unison.org.uk

Who to talk to if you're feeling low

If you are struggling and need to talk to someone in school, please speak to your Line Manager.

Alternatively, speak to a member of the Wellbeing Team. (You can spot them around College by their yellow lanyards!)

FREE Fruit

Collect a free piece of fruit EVERY DAY from the catering team in the Swan Cafe between 7 am - 8:30 am. The fruit available are as follows:

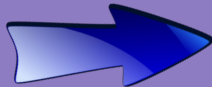
Apples, Pears, Bananas, Plums, Satsumas



ANTI-BULLYING

Anti-Bullying Mascot

Back in March 2020, we ran a competition to design and Anti-Bullying Mascot for Swanmore College. We merged 3 winning entries to produce our final mascot. The mascot was made by Elle S (10R) with the help of Miss Garaty. Congratulations to Maise B (11R3), Lisa-Marie T (11R3), Kate J (11R2) and Elle S (10R) for their winning designs. All 4 pupils have received a £10 Love2Shop Voucher and parts of their designs have been incorporated into the Swanmore Mascot.



Year 7 Anti-Bullying Forum

Thank you to the Year 7 pupils who applied to be part of the Year 7 Anti-Bullying Forum. We had our first meeting and we have been very impressed with the ideas they have for promoting Anti-Bullying at Swanmore .

Congratulations to the following pupils for becoming part of the year 7 Forum.

Alexandra B 7r3 Tyler J 7r3

Maryellen CT 7r10 Gabriel B 7r1

Emma C 7r8 Faye H 7r1

Elliott H 7r2 Deaghlán L 7r6

Toby M 7r3 Imogen P 7r8

Ella S 7r8 Arabella S 7r8

Emma T 7r1



Loneliness online: What Causes It and Ways to Feel Better

Does a child you know ever feel lonely when they're online? In a study by the UK's Office for National Statistics, 14% of 10–12-year-olds said that they DID often feel lonely – so any child experiencing those feelings is, sadly, far from unusual. To support Mental Health Awareness Week – which this year has the theme of 'loneliness' – we spoke to a group of children and teenagers who told us some of the things that make them feel isolated when they're online. They also suggested some ways they use technology to make themselves feel better when that happens, and we've compiled their ideas into a loneliness-busting #WakeUpWednesday guide.

In the guide, you'll find tips such as taking breaks, playing single-player games and listening to your favourite audiobooks.

✉ wellbeing@swanmore-sec.hants.sch.uk



SAFEGUARDING
AT SWANMORE

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guidance, hints and tips for adults.

LONELINESS ONLINE:

What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?
In a recent study, 14% of 10–12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

CAUSES OF LONELINESS ONLINE

- Seeing photos or videos of friends having fun without me
- Being excluded from group chats or games with friends
- Friends or family not replying to texts or answering my calls
- #16 People being unkind to me online
- When friends leave my group chat

WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- ✓ Tell a friend or a trusted adult that you feel lonely
- ✓ Watch funny videos of cats and pandas
- ✓ Watch yoga videos and do some exercises
- ✓ Play single-player games you enjoy
- ✓ Listen to happy music
- ✓ Listen to your favourite audiobooks
- ✓ Send nice messages to your friends and family
- ✓ Play games with friends who you trust, if they're online too

TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- ✓ Paint or draw pictures
- ✓ Play with a pet
- ✓ Write about your feelings
- ✓ Hang out with your family
- ✓ Get outdoors & enjoy nature

FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes – but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

0800 1111

National Online Safety
#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.05.2022



We are providing access to **free** period products

Take what you need, **when you need it from:**

- » Miss Smith (Welfare)
- » Mrs Deller (R Block)
- » Year Teams
- » Pupil Reception

#periodpositive
#periodequality

Creating period equality for all.

<https://www.phs.co.uk/periodequalitydfe/>

Funded by
Department for Education

phs Group

P=RIOD EQUALITY



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/>

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>