



SWANMORE Speaks

SWANMORE
Wellbeing



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](#)

The Newsletter Team!



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
25.7.22	Relax, relax, relax	Take time to simply be in the first week of the summer holidays - no agenda, no lists, just sit down and breathe deeply.
01.8.22	Nature	Spend some time in your garden, a friend or neighbour's garden or visit a garden centre, country park or green open space. See page 5!
08.8.22	Nurture	Think of someone you would like to help, support or encourage in some way and make a date and time this week to see them.
15.8.22	Yoga	Try our suggested Yoga video and give yourself some time to be present.
22.8.22	Results week!	Remember to be proud of how hard you have tried, regardless of what is inside your envelope! We are proud of you all.
29.8.22	Year 7 start Swanmore College	Good luck and welcome to our new Year 7 pupils! We can't wait to meet you all in lesson.
05.9.22	Back to school	Think about what you are hopeful for this year; write down 3 goals for your year ahead.

Summer recipe - Chicken Kyiv

1. On a white chopping board, peel and cross chop the garlic and herbs.
2. Put the garlic and herbs into a small bowl, mix with the butter.
3. Put onto a piece of clingfilm and roll up into a sausage.
4. Put into the freezer.
5. Preheat the oven to 180°C.
6. Line baking tray with greaseproof paper.
7. Put the bread into the food processor and blitz to make breadcrumbs.
8. Put the breadcrumbs into a small bowl.
9. Crack the egg into a jug and beat with a fork.
10. Cut a pocket into each breast.
11. Fill each breast with frozen garlic butter.
12. Dip into the flour, egg then breadcrumbs.
13. Put onto the baking tray and bake for 20 mins, until golden brown.



Ingredients:

2 chicken breasts
(Year 10 jointed their own whole chicken which you can learn to do here:
<https://www.youtube.com/watch?v=LBYfhOr5hyY>)

1 egg
3 tbsp plain flour
3 slices bread

2 garlic cloves
Small bunch fresh herbs/1
tsp dried herbs
100g butter

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

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.



**Just One Thing-
with Michael Mosley**

If time is tight, what's the one thing that you should be doing to improve your health and wellbeing? Michael Mosley reveals surprisingly simple top tips that are scientifically proven to change your life.

*Podcast
recommendation*



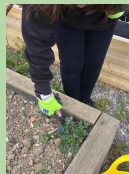
Recommended Mental Health Apps

- 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 college garden



Enjoy your gardens this summer!

Gardens you could visit

- The Garden of Reflection, Fareham
- Sir Harold Hillier, Romsey
- Exbury Gardens and Steam Railway, Southampton
- Privett Gardens, Gosport
- Petersfield Physic Garden, Petersfield

WELLNESS WORKOUT



Always remember you can practice your breathing at any time.

Start to take a slow, deep breath to fill your belly up with air, as if you're trying to blow up a big balloon. Expand your belly as much as you can. Slowly let the air out of the balloon (through the nose) as you release the breath from the belly.

Do this for a count of 4 as your breathe in, hold for 4, I breathe out for 4 and pause for 4 before beginning again. Remember the Wellness Champions showed us this in their video.

Some key exercises we love:
Tadasna or Mountain Pose - this is the foundation for all other poses. It helps with focus and concentration and improves your posture.

1. Stand up tall and balance your weight evenly between your feet.
2. Pull in your tummy muscles and draw up your thigh muscles.
3. Draw your shoulders back and down and hang your arms by your side
4. Breathe deeply in and out





Key points from the article state:

- Good is good enough
- A bad lesson doesn't mean a bad teacher
- Give yourself a break
- Improvise

Further reading on this can be found in the book by Patricia Ryan Madson: *Improv Wisdom: Don't Prepare, Just Show Up*

"Sometimes a job only has to be done well enough
John Dabell argues that teaching is one such job and explains why it's better not to give 100% all the time."

[Don't do your best!](#)
[Optimus Education Blog](#)
optimus-education.com

Don't do your best!

*Not trying your hardest is said to be a skill in itself. We all strive to be perfect, but it is said that if we as professionals (or even pupils) try to maintain this then it is a *ticket* to the GP and will eventually lead to burnout. This article is a refreshing read, and reminds us as humans that sometimes what we are doing/ delivering IS enough. And, we are doing a good job.*

Simon Seol (2009) goes as far as saying 'we should adapt the mantra "I will *not* try my best" to save our sanity'. Stop and pause to think about this... how does this fit with you? Maybe you can adapt this attitude easily, maybe you already practice this. Some, I would imagine, might find this very tricky however.

When teachers relax into the job a little more they show more of their personality and this is good for their pupils. Try not giving into the pressures and expectations of the job, it can be liberating...

College Council

Swanmore College Council in their own words...

“We are a friendly community that has lots of time together to work well and collaborate ideas for the greater good of our school community” Yasmine P, Yr 9.

“We love to help and to listen to your ideas to help implement them into our school curriculum” Charlie P, Yr 7.

“We’ve worked this year on seeing the rewards events and LORIC points being bigger and better” Riley O. Yr 8.

“The best thing this year has been going to the empowering Student Voice conference in Southampton. We were able to share ideas with others schools, meet with other councils, talk about our successes and discover that we have the best uniform!” Eve M, Yr 7.

Mr Baillie added: “The council have worked really hard on the Pupil Centre this year, there is a great timetable of activities and excellent systems in place. We are now going to work to make it even better next year. They have also written and delivered PSHE sessions on sexual harrassment and diversity.



Planning for next year - with Ice Lollies!

College Council elections take place in September so do think about taking your place next year. Thank you to Mr Baillie and all who have served so well this year. The Pupil Centre is a great addition to our College - use and enjoy it.



Swanmore Young Carers

Young Carers

A young carer is someone under 18 who helps to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

If you believe you are a Young Carer, please speak to your tutor or deputy head of year who can refer you to the Young Carer contacts in school who are Miss Gregory and Miss Primmer.

The Young Carers group at school meet every Friday during tutor, we have bacon baguettes and do fun activities together!

New year 7's, please speak to your new tutor who can put your name forward to us.

See you soon,

Miss Gregory and Miss Primmer

YOUNG CARERS



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/>



“This was the first time I was going to a Pride event and I feel privileged to have been able to support our LGBTQ+ pupils throughout the year and at the event. We all had a great day out and our pupils have made us very proud representing Swanmore College at the event. Thank you to Mrs Troughton for organising a successful day out. What an amazing opportunity this was for our young people to witness and feel part of the community.”



Swanmore Staff Wellbeing

Swanmore Golf Society for members of staff is in full 'swing'. If you would like to join too please email Mr Guillen.



Some members of staff took the opportunity to learn to crochet this summer term- being taught basic stitches, technical terms and how to read a pattern. They all thoroughly enjoyed the lessons by Mrs Hinson.



We hope you enjoyed the show. Staff, parents and pupils certainly loved watching our talented young performers up on stage again after a 2 year break. Well done to all the cast, on stage and behind the scenes and to Mrs Avery and her amazing team who made this all happen.



What
a
show





Swanmore Year 11 Prom



After the rain (and hail!) there is always a rainbow, sunshine, laughter and smiles.

As one beautifully dressed young lady said: "We've had just the most amazing time and loved being all together again for one last time. I'm so happy". Another young man really didn't want to go home at all: "It's the best night of my life!"

Thank you to all the staff, especially Miss Rudd and Mrs Wiggins, who organised a fantastic and unforgettable Prom night.

Note: Fairground rides will result in bruising, especially if you challenge Year 11 to a race on the dodgems.....





ANTI-BULLYING

As a college, we were pleased to take part in “Don’t Face it Alone Day” on 22nd June. This is a National Campaign Day run by The Diana Award (who train our Anti-Bullying Ambassadors). All pupils took part through their tutor sessions looking at ways to speak up and ensure that no-one faces bullying alone. At Swanmore, we have many ways of seeking help. The information is included on posters around the site. Any member of the Swanmore College community can report a bullying concern using our dedicated email address : antibullying@swanmore-sec.hants.sch.uk.

The Anti-Bullying Committee and year 7 Forum have also been thinking about the new Year 7 cohort in September. They have put together some advice for them and presented to them in the Year 6 Transition Day Assembly. Well done to Sian D, Elle S, Stephen V, Anna L and Hannah V for speaking to new year 7 pupils about Anti-Bullying at Swanmore.

A massive “Thank You” to everyone in the current Year 7 who entered the “Year 7 Anti-Bullying Forum Badge” competition. The Committee are currently judging all the entries and will be announcing the winners in the near future! We have some amazing, creative designs to consider!



And finally, the Anti-Bullying Committee and Year 7 Forum have been busy mapping out our plans for 2022-2023. They are excited to be planning plenty of events and competitions and also to be getting involved in Anti-Bullying Week again in November. The theme for this event has recently been announced as “Reach Out”.



We offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25. Here, you can find out more about our Parents Helpline, Webchat and Email service.

Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

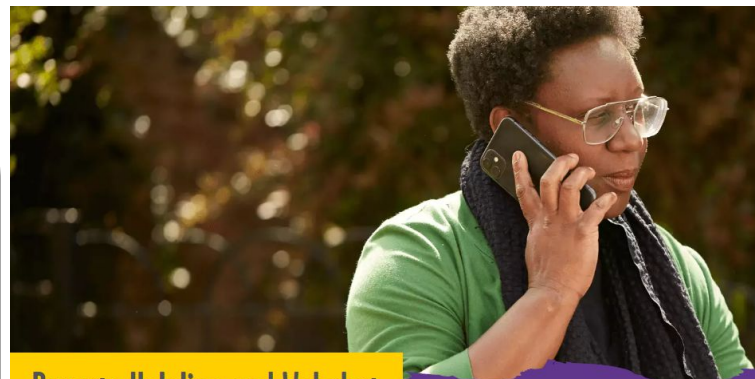
You can call us for free on 0808 802 5544 from 9:30am - 4pm, Monday - Friday.

Our Parents webchat is open 9:30am - 4pm, Monday - Friday. To access the webchat, select the chat icon in the bottom right corner of your screen.

You can email the team outside of webchat hours between 4pm - 9:30am Monday to Friday, or over the weekend. To email the team, select the chat icon in the bottom right corner of your screen.

[Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)

www.youngminds.org.uk/parent/parents-helpline-and-webchat

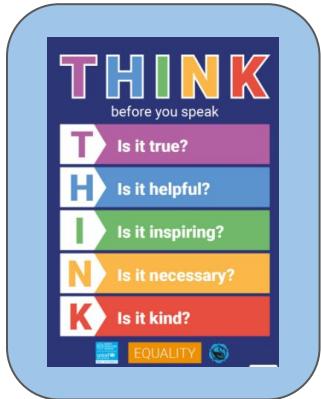
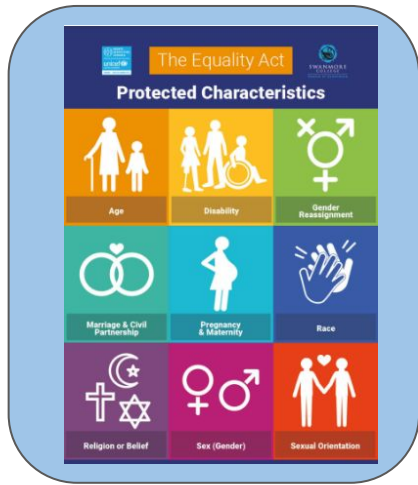


Parents Helpline and Webchat



SAFEGUARDING
AT SWANMORE

✉ wellbeing@swanmore-sec.hants.sch.uk



Equality at Swanmore

This year we are very proud to have achieved our bronze award as a UNICEF Rights Respecting School (RRS) and we are now working hard towards our silver award. Linked with the RRS, we have been focusing on the 'Protected Characteristics' from the 2010 Equality Act- This was the focus for Diversity Week.

The fabulous posters opposite will be appearing around the college to remind everyone about the protected characteristics and also to 'THINK' before speaking.



Above work from English.

Below work from photography.



The college council created an assembly and a fantastic PSHE lesson for all pupils during diversity week. All pupils had one lesson in each subject area looking at different protected characteristics, barriers that might be faced in society, how to tackle discrimination. Technology ran a card competition and made different pop up cards. James (yr10) said, "In shops you don't usually have cards like this , so it was nice to make more diverse ones."





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

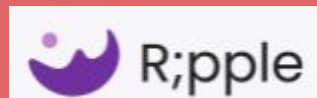
Creating period
equality **for all.**

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

Funded by



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

Samaritans:

jo@samaritans.org

116123 (freephone)

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