

# SWANMORE Speaks



SWANMORE  
WELLBEING



Welcome to our termly newsletter:  
Swanmore Speaks.

Well done on getting to the end of  
the first term! We are sure you're all  
excited for a well-earned Christmas  
break.

We wish you a Merry Christmas and  
a Happy New Year!

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

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

Have a well-being tip  
to share? Email us!



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
12.12.22	Cosy and Calm	As we come to the end of term, take some time to cosy up under a blanket and make time to just "be" rather than "do".
26.12.22	Grateful	This time of year can be one of reflection, what or who are you grateful to have?
9.1.23	Wander and Wonder	Head to page 5 and see our recommended 'Get outside!'
23.1.23	5 a day	With the colder weather it's important to keep our immune systems as healthy as possible. Have you managed your 5 a day this week?
6.2.23	Volunteer	This week help someone you know with something on their to-do list. They may just repay the favour!
20.2.23	Reflection	What did you achieve over the last half term that you are proud of? Post on our Instagram and let us know!
6.3.23	Positive Affirmations	Listen to the podcast on page 6 of this newsletter then write some positive affirmations you can repeat to yourself. Eg You are brilliant!

## Mindful Minestrone Make

### Method:

1. On the chopping board, julienne the carrot.
2. Julienne, then brunoise the celery.
3. Jardiniere, then macedoine the potato.
4. Peel and paysanne the onion.
5. Chiffonade the cabbage.
6. Peel and very finely chop the garlic.
7. Chop the bacon into small pieces.
8. Fill and boil the kettle.
9. Put the stock cube into a jug, top with 600ml boiling water.
10. Put ½ tbsp oil into saucepan, put onto heat 8. Add the onion, garlic and bacon. Cook for 2 mins.
11. Turn the heat down to 5, add the potato, celery and carrot.
12. Add the stock, cabbage, mixed herbs and black pepper.
13. Bring to the boil then simmer for 10 mins.
14. Add the pasta and simmer for another 10 mins.

### Chef knife cuts

Join our GCSE students in learning about different types of knife cuts.

**Jardiniere** = batons of around 3mm square

**Macedoine** = Dice your jardiniere batons into cubes

**Julienne** = Finely slice your batons into matchsticks

**Brunoise** = Finely dice your julienne cut to a cube

**Paysanne** = roughly chop veg into differing sizes and shapes

**Chiffonade** = stack leafy vegetables together and roll them up then thinly slice into strips.

## Minestrone Soup



### Ingredients:

- 1 clove of garlic
- ¼ cabbage
- 1 onion
- 1 rasher of bacon
- 1 carrot
- 1 stick of celery
- 1 potato
- 1 stock cube
- 1 tsp mixed herbs
- Black pepper
- 25g small pasta shapes or broken spaghetti

Have a go and send a photo to Mrs Griffiths!

[mrsgriffiths1@swanmore-school.co.uk](mailto:mrsgriffiths1@swanmore-school.co.uk)

# A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.



Find out more about how Optimus Education can help boost your wellbeing at [healthinschoolsuk.com](http://healthinschoolsuk.com)



## Podcast recommendation



### "How Do I Stop Negative Self-Talk?" - The Happiness Lab with Dr. Laurie Santos

Do you ever listen to that critical voice in your head telling you you're just not good enough?

To explain what damage negative self-talk does to us and explore some simple strategies to challenge our inner critic, Dr Laurie Santos is joined by "chatter" expert Ethan Kross (Professor of Psychology and Management at the University of Michigan).

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

### 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

With a foot in the South Downs National Park and located at the midpoint of a long-established route between Winchester and Portsmouth, Bishop's Waltham has long been appreciated as a place to stop and relax. Bishop's Waltham boasts a particularly beautiful rural setting with nearby countryside that is very accessible to visitors.



<https://www.visitwinchester.co.uk/walks-trails-around-bishops-waltham/>



# AFFIRMATIONS FOR STUDENTS



## What are affirmations?

They are positive phrases that represent how you want to think or feel. You repeat them to yourself and they become part of your thoughts. They can make a real difference, so give the above video workout - for your mind - a go!

Remember - "I am enough just as I am"

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/periodequalitydf/>

Funded by  
Department  
for Education

phs Group

P=RIOD  
EQUALITY

# WELLNESS WORKOUT

Why not try a workout that is themed to the time or season on the year you are in? Here are a couple of examples you could try! (\*Costume/Cuddly toy optional)

Rudolf Workout -

<https://www.youtube.com/watch?v=hvfFhRVT9Lc>

Daffodil Workout -

<https://www.youtube.com/watch?v=MxAVIYT0eDg>



# Well-being Champions

We are a group of pupils from all year groups and we meet every Friday with Mrs Deller, Mrs Egerton and Mr Bailie to discuss and implement well-being strategies for the pupils of Swanmore College.

We have been very busy this year so far. We started the year creating a transition booklet for our new Year 7 pupils. This included top tips on how to manage the move from primary to secondary school; who to speak to for advice and how to organise yourself. This was shared with Year 7 pupils in their first week of school.

CAMHS is an external service that we use to support the mental health of children.

We have worked with this service on many projects, including participating in the 'This Is Me' project and taking part in a podcast. CAMHS has also supported us in the initial training of our new well-being champions. This training will continue in the new year for all well-being champions.

The Pupil Centre is the hub of the school at break and lunch times and is always a bustling, happy community space. As Well-being Champions, we have devised a daily rota of activities in the Pupil Centre which we oversee with staff members. These include: colouring, friendship bracelet making, zentangle and many more. This safe space allows pupils to come and speak to Wellbeing Champions who are always available to offer advice or inform pupils where they can get further support.

It is not just pupils that we support - during Mental Health week, we sent all staff, pupils and parents well-being messages of positivity. Furthermore, we were recently involved in a training session for our RSA student teachers. We worked with Mrs Deller and Mrs Egerton and delivered training to the new teachers about how they can support pupils' wellbeing in their placement schools, as well as suggesting advice on how to look after their own mental health. We received some really positive feedback after this training!

2023 is going to be a very exciting year for the well-being champions. We have lots of exciting projects to look forward to, as well as continuing to promote well-being amongst our pupil community.

We would like to wish you all a very Merry Christmas and a Happy New Year! See you all in 2023!



## Celebrating Student Success

Shakira received the Sporting Prowess Award from The Virtual School.

Shakira is the most amazing young person. We have nominated her for this award as Shakira has a love of and is truly passionate about sport. She has been helping at 'Active' a school holiday sports club for some time supporting, teaching and guiding others through the benefits of the numerous team activities. Her commitment, energy, passion and reliability are something she should be truly proud of. We are so proud of you Shakira!! Well done.



# Why Crochet is fantastic for your mental health?

There is something soothing and relaxing about crochet. The repetitive motions, the sense of accomplishment when you've completed a project. Those who crochet (or knit) have been found to have lower levels of cortisol - the stress hormone. This is because repetitive motion releases serotonin in the brain. So crochet is great self care and truly supports your mental health in reducing anxiety and stress!

from : [Crochet is Great Self Care - Pretty In Crochet](#)

Staff Crochet Club Corner

Come along to A10 on Friday lunchtimes for lunch, chat and crochet.

Bring an existing project or come and learn a new skill. It is great fun!



Our students are really enjoying their time in Crochet during Wednesday Enrichment. Here are some of their amazing creations.



# Swanpride



## Protected Characteristics

 Age	 Disability	 Gender Reassignment
 Marriage & Civil Partnership	 Pregnancy & Maternity	 Race
 Religion or Belief	 Sex (Gender)	 Sexual Orientation



SWANMORE  
**LGBTQ+**

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/



SWANPRIDE

# LGBTQ+ CLUB

**WEDNESDAYS / 1<sup>ST</sup> 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

Our Wednesday group continues to meet 1st break in the Pupil Centre and is a very popular lunchtime group. All are welcome to come along and join our friendly community .

## Swanmore Staff Well-being



Staff Baking (November 17th).  
We had a fun time making  
Chelsea Buns in the new  
kitchen.



2  
kiwi fruit



1  
apple



1  
pear



1/2  
grapefruit



8  
cauliflower florets



1  
orange juice glass



3  
tablespoons of peas



2  
broccoli spears



1  
tomato



1  
banana



## FRESH FRUIT FOR ALL

All Swanmore staff have the opportunity to take a piece of fruit every morning from the Swan Cafe. Researchers argue that even just 2.5 portions of fruit and vegetables daily can lower the chance of heart disease, stroke, cancer and premature death. Getting your 5-7 portions of fruit or veg a day is one part of eating a balanced diet and keeping yourself happy and healthy. But what is a portion? This handy guide shows the portion sizes for different fruits or vegetables. We should all try to eat a variety of fruit and veg every day, so pick up your free fruit and start the day right!

# SWANMORE COLLEGE ANTI-BULLYING

## Newly Trained Anti-Bullying Ambassadors

On 18 October, we were delighted to host an Anti-Bullying Ambassador Training Day for 120 pupils from local secondary schools. Staff from The Diana Award charity led the training event which educated the pupils on what bullying is, how to get help and how to support other pupils. At Swanmore, we now have 16 fully trained Anti-Bullying Ambassadors as part of our wider Anti-Bullying Committee.

Our Ambassadors are available in The Pupil Centre at break and lunch to support with any worries pupils may have.



## Year 7 Anti-Bullying T-shirt Competition

During the Autumn Term, each Year 7 Tutor Group was challenged to create and design their own T-Shirt which promoted Anti-Bullying and celebrated the positive attributes of the members of the Tutor Group. The Committee judged the excellent designs and selected 7R4 as the winner. Well done to everyone in Year 7.



# Equality at Swanmore

## Anti-Bullying Week

In November, we took part - as always - in Anti-Bullying Week which is a National Campaign. Our committee members planned and delivered assemblies to all year groups on the theme of "Reach Out". All pupils were given an information card with advice on what bullying is and where to get help if needed.

We also took part in Odd Socks Day on Monday 14th November to celebrate our differences. Congratulations to 7R8 who had the most pupils wearing odd socks!



## Child Exploitation

Child Exploitation is a form of child abuse. Exploitation is when individuals or groups take advantage of an imbalance of power to coerce, manipulate or deceive a child into doing what they want in exchange for something the child wants or needs. This is always to the benefit of the exploiter. This can include the child being coerced into having sex, committing crimes and more.

How it happens?

Grooming is the process these people use to build a trust and relationship with a young person in order to get them to do what they want. They may offer children money, drugs, gifts, protection, friendship, love or affection as a means of gaining their trust. They may also use physical violence and threats as a means of control.

But, what can we do?

- Listen without judgement. Children need to know they can talk without fear of us getting cross and upset.
- Pay attention to their behaviour. Many children cannot voice their worries - these may appear in how they act. .
- Get to know what they know.
- Know their friends. Question new friendships and be aware of any secrecy around these.
- If your child is picked up, or has train or bus tickets, record as much detail as possible.
- Take an active interest in their online life. Use security settings and talk about the sites they use with them.



SAFEGUARDING  
AT SWANMORE

Full article is here:

<https://hants.sharepoint.com/sites/CSCcommunications/Shared%20Documents/Forms/AllItems.aspx?id=%2Fsites%2FCSCcommunications%2FShared%20Documents%2FAre%20You%20Sure%5F%2Epdf&parent=%2Fsites%2FCSCcommunications%2FShared%20Documents&p=true&ga=1> and also on our Well-being section of our website

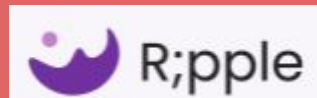
If you are worried/ concerned about anything safeguarding related, please use the following email address

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

## Our fabulous Young Carers

We have a number of students who are part of this lovely group and we want to say a special thank you to them all for being such amazing people. A young carer is anyone who supports someone at home with a long-term illness or disability. Our group meets on a Friday during tutor time for chats, food, friendship and fun. All are welcome to attend - please speak to your Head of Year or Deputy Head of Year for more information.

*As one person said: "Young Carers has given me somewhere to relax and be with people who are going through similar things and understand my point of view" - Young Carer*



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

**Samaritans:**

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

116123 (freephone)

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