



SWANMORE Speaks

Hello everyone and welcome to the Spring Edition of Swanmore Speaks. We hope you had an enjoyable Easter break and found the longer and lighter daylight hours to be a welcome boost. We all need vitamin D from the sun to strengthen our bones and immune systems so getting out and about is a great idea - see page 6 for a fantastic day out idea. We hope you enjoy reading all the news, tips and suggestions for how to have a happier, healthier you.

✉ 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
17/4/23	Summer Term Welcome	Set yourself a personal goal of something you want to achieve this half-term. Perhaps it's to journal every week, or try a new hobby!
24/4/23	Decorate a Focaccia	Use the recipe on page 3 to design, make and bake your own decorated focaccia bread. Creative baking is always great fun and edible too!
1/5/23	National Walking Month	Walking is an easy, accessible way to improve your health and wellbeing. Just a 20-minute walk can prevent/reduce a number of health conditions, such as depression and Type 2 diabetes.
8/5/23	Nominate two people for the Kindness Award	Who has shown you kindness this week? Who has displayed positive actions? Show your appreciation by nominating two people for the Swanmore Kindness Award. Showing appreciation for others and noticing their positive actions is a great thing to do.
15/5/23	Mental Health Awareness Week	Mental Health Awareness Week is all about raising awareness and promoting better mental health. It provides a great opportunity for us to talk about all aspects of mental health.
22/5/23	World Meditation Day	If you're new to meditation head over to the Haptivate Resources Hub , where you'll find our short, guided meditation audio to get you started.
29/5/23	Half term Boost	Talk to family or friends and plan something that will make you happy this half term. It can be anything you can do together that will make you smile - games, walks, baking, watching a film, exercise, art, silly challenges or a long chat.

Make and decorate a Spring Focaccia

1. Preheat oven to 200oC.
2. Line baking tray with greaseproof paper.
3. Sieve flour, yeast and a large pinch of salt into a mixing bowl.
4. Add 2 tbsp oil to the bowl.
5. Measure 400ml tepid water.
6. Add most of the water and mix to make a soft, but not sticky dough.
7. Oil the table and knead for 10 mins.
8. Put the dough on the side, cover with the mixing bowl and leave until step 10.
9. Prepare and decoration ingredients.
10. If wanting to flavour the dough, knead in flavourings.
11. Roll out or stretch the dough to fit onto the baking tray. Leave for 1 min.
12. Dimple the dough.
13. Decorate with the prepared decorations.
14. Put 1 tbsp oil and 1 tbsp water into a jug. Drizzle over the bread.
15. Sprinkle over a large pinch of salt flakes.
16. Bake for 20 mins (use a timer)
17. Wash up, dry up and put away.

This is an easy, fun and very creative recipe you can make and decorate at home.

Ingredients:

500g strong flour
1 tsp/sachet yeast

Decorations e.g.
herbs, onion,
pepperoni.



Have a go and send a photo to Mrs Griffiths!

mrsgriffiths1@swanmore-school.co.uk



Podcast recommendation:

Hosted by the inspirational Doctor himself, Dr Chatterjee, we hear stories from leading experts and exciting personalities who offer easy health life-hacks, expert advice and debunk common health myths, giving you the tools to revolutionise how you eat, sleep, move and relax. Feel at ease with the expert advice and be inspired to become healthier and happier.

Latest podcasts:



#347

BITESIZE | How to Eat Your Way to Better Health | Dr Rupy Aujla



#346

Unlock The Power of Your Mind and Live Your Best Life Today



#345

BITESIZE | Why We Are All Addicts | Dr Anna Lembke





"Shelf Help"

Reading Well helps you to understand and manage your health and wellbeing using helpful reading

The books are chosen by health experts and people living with the conditions covered. People can be recommended a title by a health professional, or they can visit their local library and take a book out for free.

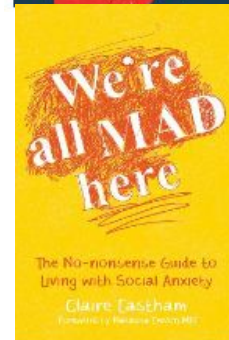
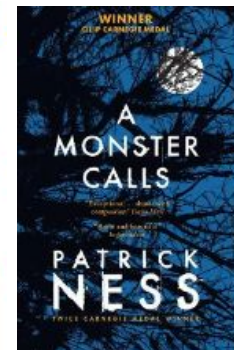
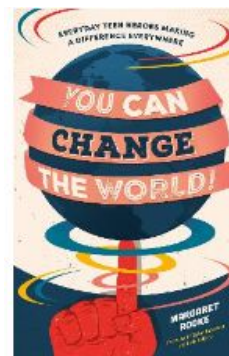
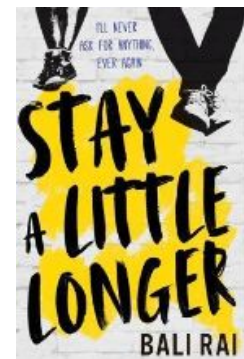
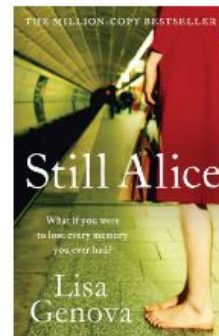
[Reading Well \(reading-well.org.uk\)](http://reading-well.org.uk)

READING WELL

Some of the topics included:

- Managing feelings
- Neurodiversity
- Body image
- Bereavement
- Social anxiety
- Confidence
- Sexuality
- Gender identity
- Mental health

2.6 million Reading Well books have been borrowed from libraries and 91% of people surveyed found their book helpful.



GET OUTSIDE, BE AT ONE WITH NATURE



ROYAL VICTORIA Country Park

<https://www.hants.gov.uk/thingstodo/countryparks/rvcp/things-to-do>

There's always something for everyone to enjoy at the country park. From woodland and coastal walking routes to outdoor activities and events in our open spaces, a journey through history in the chapel or a spot to eat at our restaurant.

Plan your perfect day out and see what you can get up to at Royal Victoria Country Park.

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
#perioequality

Creating period
equality **for all.**

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

Funded by
Department for Education

phs Group P=RIOD
EQUALITY

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

WELLNESS WORKOUT

Take some time to think about what being healthy and prioritising your well-being truly means and feels like for YOU, because it's different for everyone! Perhaps you feel your best when you're fitting in a daily morning walk, completing a few workouts each week and drinking plenty of water. Maybe it means feeling strong in your body and mind by lifting heavy weights at the gym. The healthiest version of you could also be when you're feeling most energetic by getting plenty of sleep, eating nutritious food and doing short, sharp workouts.

Whatever wellness means and looks like for YOU, defining it for yourself will help you prioritise the healthy habits that will serve you best.

If you've been cooped up inside for most of winter or working out in the same space, spring can be an amazing time to shake things up. Whenever the weather plays ball, make the most of it! You could work out in your driveway, garden, or local park, go for walks or ride your bike outside.

Swanpride



The Equality Act



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 / 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

Swanmore Staff Well-being

Pay it Forward Day - April 28th

This day we are all encouraged to engage in small acts of kindness. As a staff team we can nominate for the Staff Shout-Outs and recognise all the amazing things that go on and the fabulous people we work with.

On April 28th, why not celebrate Pay it Forward Day by smiling and paying a compliment to the first three staff you see in the morning.



“We are aware that the staff voice has been quiet this term, however work has taken place behind the scenes in response to the last meeting. We are planning on re-launching this in the summer term so we would be very keen to hear from anyone that would like to be involved that isn’t already. We are looking at holding the meetings at a different time slot so that it does not impact on directed time or after school commitments.”

Staff Wellbeing Team



SWANMORE COLLEGE ANTI-BULLYING

Anti-Bullying at Swanmore

Our Anti-Bullying Ambassadors were recently trained by The Diana Award to understand, recognise and respond to **Racist Bullying Behaviour**. During the training event, the pupils discussed what a school free from racist bullying behaviour should look like and how to achieve this. They considered a range of real-life case studies and how racist bullying behaviour can be dealt with within the school environment. The pupils also looked at ways of promoting positive behaviour relating to race around the school. The Ambassadors are currently working on delivering assemblies to all year groups on Racist Bullying Behaviour, including how to get help and how to support pupils experiencing this type of behaviour.

Our Anti-Bullying Ambassadors are now trained Anti-Racist Bullying Ambassadors and are happy to provide advice and support for any pupil who needs it. The Ambassadors can be found in The Pupil Centre at break and lunch.

What is Racist Bullying Behaviour?

This is when someone **repeatedly, verbally, physically or indirectly** targets another person based on their skin colour, their **actual or assumed** culture, ethnicity, nationality or race.

Please remember that **any bullying behaviour** can be reported using this email address: antibullying@swanmore-sec.hants.sch.uk

WHAT IS BULLYING?

“Repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.”

V	I	P
VERBAL	INDIRECT	PHYSICAL
Hurtful words, offensive language, swearing, discriminatory language	Isolating someone, rumours, sharing someone's secrets, cyber-bullying, damaging/taking someone's property and physical intimidation	Hurting someone intentionally, kicking, punching, pinching, spitting, slapping

Are you experiencing or witnessing any of these forms of behaviour?
If so – **IT IS BULLYING**

Please report it to:

- Anti-Bullying Committee member (Ambassador)
- Any member of staff
- Your “Go To” Adult
- Email antibullying@swanmore-sec.hants.sch.uk

**DIANA AWARD
CRISIS MESSENGER**

NEED TO TALK TO SOMEONE? THE CRISIS MESSENGER IS OPEN 24/7 FOR YOUNG PEOPLE IN THE UK.

TEXT DA TO
85258
FOR 24/7
SUPPORT

Working together to keep children safe online

In the UK, the UK Safer Internet Centre run a campaign - for the day - which aims to start a national conversation about using technology safely and positively.

At Swanmore College we are holding assemblies to discuss this year's theme which is: *Want to talk about it? Making space for conversations about life online.*

This Safer Internet Day we are challenging everyone to talk about it. Talk to your friends and adults you know and trust:

- Tell them about the funny things you see online, or your favourite game/app to use.
- Tell them about the latest trends/your favourite streamers and content creators.
- Tell them about the things online that frustrate you, or the things that make you laugh out loud.
- Tell them your top online safety tip, or how you think they can best support you in your online life.
- Most importantly, tell them if something is worrying you.

It's never too late to share an online problem and get the help and support that can make things better.

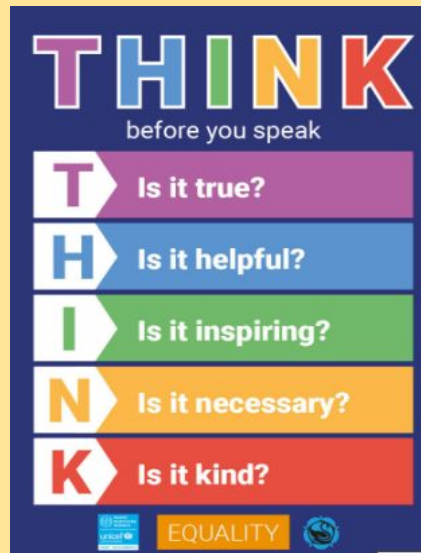


SAFEGUARDING
AT SWANMORE

Equality at Swanmore

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

✉ wellbeing@swanmore-sec.hants.sch.uk

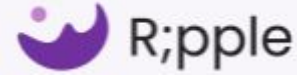




This year's festival takes place from 30th June – 2nd July and more information can be found on our website

www.ymca-fg.org/ycf. You might also want to take a look last year's video from the event.

<https://www.youtube.com/watch?v=vOkKY82doEc>.



Discreetly 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>

Camp Fairthorne
5-night residential



Summer Residential Camp at
Fairthorne Manor

July & August 2023

[Book now](#)

CAMP
FAIRTHORNE