



SWANMORE SPEAKS

Hello everyone and welcome to the Summer Edition of Swanmore Speaks. It's almost summer and we hope you are able to take full advantage of the time to read, enjoy the outdoors and spend time doing what you love.

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.

**FIFA WOMENS
WORLD CUP 2023**

AUSTRALIA & NEW ZEALAND
JULY / AUGUST



TRAVEL, PLAY & EXPERIENCE



**Wellbeing
Summer Ready**

Thai Green Curry

1. On a white chopping board, peel and roughly chop the garlic, shallot, ginger and (outer leaves only) lemongrass.
2. Cut off the chilli stem.
3. Put garlic, shallot, ginger, lemongrass, chilli, cumin, coriander and fish sauce into a jug.
4. Blitz to a paste with a hand blender.
5. Put 1 tbsp oil into frying pan, add $\frac{1}{2}$ the curry paste, cook for 3 mins (heat $\frac{3}{4}$).
6. Add the coconut milk, stock cube, kaffir lime leaf and 100ml boiling water. Cook for 5 mins.
7. On a white chopping, chop the mangetout/sugar snap peas and mushrooms.
8. On a red chopping board, skin and cut the bones out of the chicken.
9. Add the chicken, mange tout and mushrooms. Cook for 20 mins.
10. Season to taste with brown sugar, soy sauce and lime juice.
11. Serve with Thai sticky rice



Ingredients

- 300g chicken
- Small packet mangetout/sugar snap peas
- 5 mushrooms
- 1 lime
- 1 can coconut milk
- 1 stock cube
- 1 kaffir lime leaf

Curry paste

- 1 garlic clove
- 1 shallot
- 2cm ginger
- 1 lemongrass
- 1 chilli
- $\frac{1}{2}$ tsp cumin
- 10g fresh coriander
- 1 tbsp fish sauce

Have a go and send a photo to Mrs Griffiths!

mrsgriffiths1@swanmore-school.co.uk



Podcast recommendation:

This podcast is produced by BBC Radio 4 and looks at the limits and potential of the human mind, covering everything from mindfulness to the issue of loneliness in modern life.

Latest podcasts:



Gardening and mental health

How much evidence is there that nature boosts wellbeing and supports our mental health?



The Loneliness Experiment

Claudia Hammond launches the BBC Loneliness Experiment with Olivia Laing and Pam Qualter.



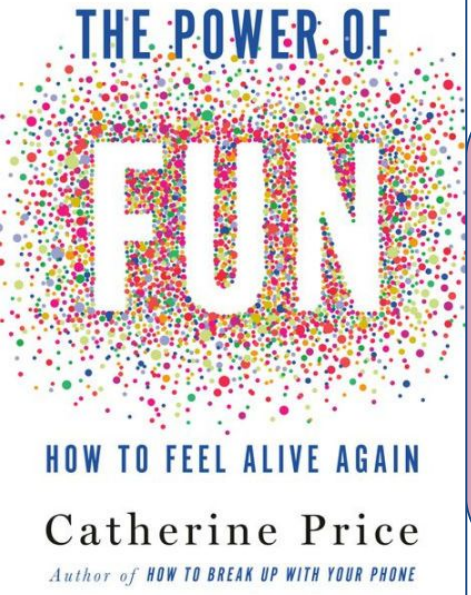
Stress at work

Ex junior doctor Adam Kay and Professor Gail Kinman look at work stress and how to cope.





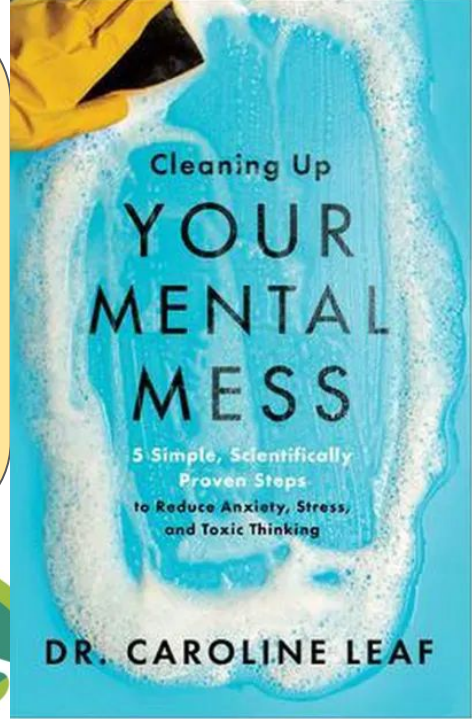
"This delightful book might just be what we need to start flourishing."
—#1 NEW YORK TIMES bestselling author ADAM GRANT



Communication pathologist and cognitive neuroscientist Caroline Leaf offers a research-backed, five-step plan to detect and eliminate the root of anxiety, depression and intrusive thoughts.

Rated 9.5/10 by The Independent.

Fun is something few people have had over the past couple of years, as the pandemic sucked almost every bit of joy out of life. This book aims to get us back to fun, by pulling us away from our phones. This book is light, easily digestible read that includes practical steps to follow and realistic examples for bringing more meaning and happiness to everyday life.



GET OUTSIDE, BE AT ONE WITH NATURE



Petersfield Lake

<https://visitpetersfield.co.uk/the-heath/>

One of the most popular areas, and considered the jewel in Petersfield's crown, is The Heath. The area covers 69 acres of land and is a short walk from the town centre. Boats are available for hire and you can purchase light snacks, beverages and ice cream from the Heath Cafe (The Plump Duck).



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

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

Funded by Department for Education

phs Group P=RIOD EQUALITY

SWANMORE
WellBeing

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

Taking a walk in the mornings has a host of health bonuses

Do you know the benefits of a **morning walk?**



- Better heart health 
- Diabetes under control 
- Lose inches and weight 
- Build more muscles 
- Feel happier 
- Have fewer meds 

Eco Champs

We are the Eco Champions and meet weekly on Monday second break to discuss ways our school and community can create a better environment for our future.

We joined the first Hampshire Eco Youth Conference at Winchester College and enjoyed various activities. We learnt about the impact single-use plastics has on our environment through the Final Straw Foundation. This inspired us to follow the Eco-Schools seven step plan and aim for Green Flag status. This is a work in progress, but here are some of the plans we have actioned:

- The installation of bird houses on R-Block once the roof maintenance takes place this summer. We aim to learn to make our own so we can place more on other buildings on the school site.
- We ran assemblies for a week with a plea to the wider school to see the negative impacts of littering, but also how we can do our bit by reducing our use of single-use plastics and ensuring all recyclables go in the correct bin.
- Next, we plan to make the school recycling bins, in the classrooms and outside, more clear with what can and can't be recycled. We have designed a poster to start attaching them to the bins in the Autumn term.
- We have a noticeboard upstairs in S-block that keeps people informed of our activities and research.

We were also pleased to learn how much the school has already done to reduce our energy consumption and become more 'green'. A-Block roof is already covered with 136 solar panels and all buildings now use LED lights. Our food waste is collected and turned into eco fuel and the food and outside suppliers are sourced from as local as possible.



Looking after our environment is an ongoing challenge, but a very worthy one. Thanks for reading what we have been up to. We are happy to welcome any new members in September!

Millie, Poppy, Dylan, Will, Natalie, Daisy, Edo, Andrew, Harry, Oliver, Miss Massey, Miss Ostersen and Mrs Baillie

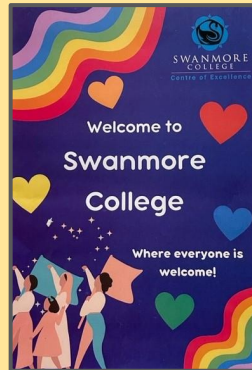
Diversity Week

Swanmore celebrated Diversity Week with a range of activities. The technology department gave students a design competition to produce an inclusive and diverse poster or banner to be displayed outside the front of the school. We had lots of amazing entries and our chosen three were:

- 1st, Lisa
- 2nd, Jemima
- 3rd, Archie



Look out for the Welcome sign next year!





Portsmouth Pride took place on Saturday, June 10th on Southsea Common. A group from Swanmore College went along and had a fabulous time at the event which supports all those who identify as, or are a friend of, anyone in the LGBTQ+ community.

The group meets weekly in college and there are also leaflets available, some of which were designed by Swanmore students. The group of up to 30 students meet each week in A10, second break on a Wednesday. Please do come along to find out more. Everyone is welcome!



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](https://www.justlikeus.org/)
[https://www.stonewall](https://www.stonewall.org.uk/)
[.org.uk/](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 COLLEGE ANTI-BULLYING

The Swanmore Anti-Bullying Committee meet every Monday tutor time. We discuss what we might do, different competitions we might run or different assemblies we could put on. We've been doing the Year 7 t-shirt competition and preparing for when the new Year 6s come to Swanmore on their induction day. We want Year 6 to know that bullying is not acceptable and focus on anti-bullying to make everyone aware that they should report it. We have the pupil centre where pupils can report bullying and write statements; some lunch and break times you will find anti-bullying ambassadors there who you can talk to if you don't want to talk to a teacher.

'It is important to me because I like to help people and want to prevent bullying at Swanmore.'

'The best thing is being able to help people and make them feel like they can talk and not be excluded.'

'We want to make Swanmore a better environment, so pupils can feel safe and have a supportive environment.'

'Pupils have somewhere to talk to in their time of need and this becomes a safe place, with games and strategies to help.'

If you are being bullied, tell a teacher or come to the pupil centre and tell an anti-bullying ambassador. You can also use the anti-bullying email.

Rowan, Cara, Faye, Toby, Elliott and Stephen.

There is a Year 7 forum which takes place every other Tuesday on Week 2.

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

THINK

before you speak

T

Is it true?

H

Is it helpful?

I

Is it inspiring?

N

Is it necessary?

K

Is it kind?



EQUALITY



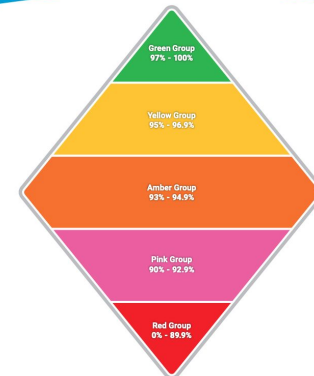
Safeguarding at Swanmore

Did you know how important attendance is? Every day you are in school is vital for your learning. At Swanmore we aim for 96% attendance - always aim to be in school.

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

✉ wellbeing@swanmore-sec.hants.sch.uk

Swanmore College Attendance Diamond



Attendance Group	
Green	No risk
Yellow	Low risk of underachievement
Amber	Medium risk of underachievement
Pink	Severe risk of underachievement
Red	Extreme risk - Court action

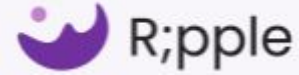


SAFEGUARDING
AT SWANMORE



This year's Young Carers' festival took place from 30th June – 2nd July at Fairthorne Manor. Take a look: www.ymca-fg.org/ycf.

All Swanmore Young Carers are welcome to our friendly group which meets on a Friday morning. Ask your tutor for more information and have a great summer!



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](#)