



SWANMORE  
**Wellbeing**

# SWANMORE Speaks

Hello everyone and welcome to our Autumn edition of Swanmore Speaks. We hope you had a relaxing half-term!

As the days are drawing in and the first signs of frost are developing on our car windows, we hope you find some useful tips to prioritise your well-being, both inside and outside the house. Happy reading!

✉ [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](#)



AN EVERYDAY HEALTH INFOGRAM

## AUTUMN



## SHORTER DAYS, LESS SUNLIGHT

What less sun exposure means for your health

Vitamin D, good for bones and immunity, decreases

Seasonal affective disorder causes depression

4

FACTS

Catch early morning rays to prep melatonin for better sleep.

Serotonin, the happiness hormone, decreases








### Podcast recommendation:



For those looking for more of a life coach well-being podcast, don't miss Michelle Elman's agony-aunt style 'In All Honesty', in which she answers listeners' woes each week in the style of your honest friend. The podcast summarises: 'In All Honesty makes personal development accessible, with help from a professional, without the six-week waiting list.'

[michelleelman.com](https://michelleelman.com)

### Latest podcasts:

	How To Break The Habit of Criticism	12 min
	How To Change Your Mood In A Minute	13 min
	Listen To This If You Have A Temper	9 min
	The Best Work Boundary I Have Heard	11 min
	The Phrase I Hate Most In The World	12 min

# READING WELL

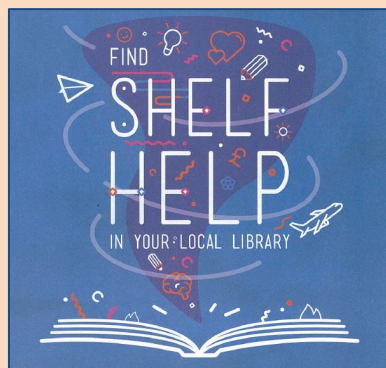
[Reading Well \(reading-well.org.uk\)](http://reading-well.org.uk)

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

## “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.



## Some of the topics included:

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

# Swanmore College Council

**This term the College Council have been working with Mrs Habis on the UN Rights of the Child. We have identified the 5 rights that we will focus on as a school, and in the coming weeks will be focussing on what we as a school can do in these areas for our Swanmore community.**

They are:

- No discrimination
- Respect for children's views
- Refugee children
- Food, clothing, and a safe home
- Health, water, food, and environment

**We also delivered assemblies to the whole school highlighting all the different pupil groups that are available here at Swanmore. We had representatives or information from the following groups explaining what they do, how it makes Swanmore a better place, and how to get involved.**

- College Council
- Anti-Bullying Committee
- Eco-Champions
- SwanPride
- Neurodiversity Ambassadors
- Young Carers
- Wellbeing Champions



GET OUTSIDE, BE AT ONE WITH NATURE



## Tall Tree Trail – New Forest National Park

[Tall Trees Trail Walk Blackwater - Visit Hampshire](https://www.visit-hampshire.co.uk)  
([visit-hampshire.co.uk](https://www.visit-hampshire.co.uk))

Walk beneath canopies of golden colour and immerse yourself in autumn in the New Forest.

The circular Tall Tree Trail will take you alongside some of the oldest, tallest, and most impressive trees in the National Park with a multitude of colours overhead and crunchy leaves beneath your feet.

**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

### **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.

Whenever the weather plays ball, make the most of it! You could work out in your driveway, garden, local park, or go for walks and 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 / 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](mailto:swanpride@swanmore-school.co.uk)



# SWANMORE COLLEGE ANTI-BULLYING

The Anti-Bullying Committee has had a busy start to the year. We have reformed into one committee and welcomed some of our Year 7 Forum members from last year into the full committee. The year started with our annual Year 7 T-shirt competition. Each year 7 Tutor Group have designed and decorated their own T-shirt to celebrate the positive qualities of everyone in their group. The Anti-Bullying Committee have judged the T-shirts and will be announcing the results during Anti-Bullying Week.

Our trained Ambassadors continue to make themselves available at break and lunchtimes in The Pupil Centre and lead a hugely popular Puzzle Club on a Tuesday lunchtime. All pupils are invited to drop in to test their skills on a range of puzzle and Rubik's cubes.

At the time of writing, the Anti-Bullying Committee is busy planning a week full of activities to mark Anti-Bullying Week (13-17 November). The term this year is "Make a Noise about Bullying". The Committee will be delivering assemblies to all year groups. We are also inviting all pupils to wear Odd Socks on Monday 13th November to help celebrate our difference. This year at Swanmore, we have linked Anti-Bullying Week with one of our Literacy Weeks. Pupils will be learning about famous figures in different subject areas who have faced bullying or barriers and overcome them to succeed in their field. Pupils will also be looking at Anti-Bullying within literacy time during tutor and the connect session on Wednesday 15th November.

Remember: bullying issues and incidents can be reported using this email address.

[Anti-bullying@swanmore-sec.hants.sch.uk](mailto:Anti-bullying@swanmore-sec.hants.sch.uk)



## WHAT IS BULLYING?

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



### VERBAL

Hurtful words, offensive language, swearing, discriminatory language



### INDIRECT

Isolating someone, rumours, sharing someone's secrets, cyber-bullying, damaging/taking someone's property and physical intimidation



### PHYSICAL

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](mailto: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.



This Anti-Bullying Week, let's make a noise about bullying.

MAKE A  
**NOISE**  
ABOUT  
**BULLYING**

#ANTIBULLYINGWEEK

ANTI-BULLYING  
WEEK 2023  
from Monday 13<sup>th</sup> to  
Friday 17<sup>th</sup> November  
ODD SOCKS  
DAY 2023  
Monday 13<sup>th</sup> November

#OddSocksDay

#MakeANoise

## The Eco Champions and the Hampshire Eco Conference

On Friday 29<sup>th</sup> September we visited Winchester College as part of Hampshire Eco-Conference. We learned about a lot of things, such as:

- **Nurdles** - these are little bits of plastic the same size as lentils. They are used to make every plastic form. The problem with them is they often get lost in the oceans, rivers, or end up in landfill. This harms the environment and the wildlife that accidentally eat them. The river Itchen by Southampton has a large issue with this as many accidentally end up there, likely from the plastic manufacturing factories that operate there. 'The Final Straw Foundation' came to the conference and told us about the issues and what we could do to help. A major move we can make is to stop using single use plastics and to lobby those in charge to help this.
- **Hedgerows** - during WWII, farmers were encouraged to remove hedgerows to allow more land to be used for cultivation. Now more of our natural space is being built on. 'The Countryside Charity - CPRE' are encouraging organisations to re-establish old hedgerows or create new ones as they are excellent for biodiversity. Hedgerows are habitats for birds and invertebrates as well as a food source. They are also much better at creating natural barriers that absorb rainfall and lower surface runoff of water.
- **Fast-Fashion** - this is when people buy cheap, poorly made clothes constructed from man-made fibres and dispose of them after a few wears. We learnt how unwanted clothing can be reused by both selling things on, using 'pre-loved' websites or how they can be remade into other items - we then made bags from old T-shirts!



Written by the Eco-Champions





## The 'Eco Champion' group help Swanmore College attain a coveted Eco-Schools Green Flag.

The Eco Champions have earned an international accreditation this academic year, recognising their amazing work in making Swanmore College more environmentally friendly and raising eco-awareness in fellow pupils.

The Eco-Schools programme was established in 1994 and is now delivered in more than 70 countries across the globe. More than 1 million pupils attended an Eco-School in England in 2022-23. Pupils first formed an Eco-Committee, then collaborated with Miss Massey, Mr Baillie and Mrs Ostersen to conduct an environmental review, assessing how eco-friendly the school is. They reviewed everything from biodiversity within the school grounds to how pupils and staff members travel to school. Building on their findings, pupils - and Miss Massey - then planned a year of action designed to advance their school's green credentials, improve their local environment and protect our planet.

The Eco-Committee connected their work to 3 Eco-School topics: litter, recycling and biodiversity. They then planned a variety of projects including litter picks and an assembly on the negative effects of littering, improving the habitat for birds on site and assessing ways to improve the school's current recycling system.

**Miss Massey:** *"The Eco-Champion group are full of great ideas on how we can improve our environment for the future. We are always looking for other like-minded students to join us and help initiate new Projects."*

**Eco-Schools England Manager, Adam Flint:** *"The Eco-Schools Green Flag award is an internationally recognised symbol of high environmental standards. The pupils and school staff that earn the award deserve immense credit for their hard work, determination, and creativity. Their passion for protecting our planet is an inspiration to us all."*

To learn more about Eco-Schools, head to [www.eco-schools.org.uk](http://www.eco-schools.org.uk)  
Swanmore's Eco-Champions meet on Mondays at 2<sup>nd</sup> break in R01.





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

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

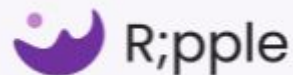
- » Miss Smith (Welfare)
- » Mrs Deller (R Block)
- » Year Teams
- » Pupil Reception

#periodpositive  
#periodequality

**Creating period  
equality for all.**

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

Funded by



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/>

### Staff Wellbeing Choir

Choir runs every other week on a Wednesday in E01 at 4.10pm. All welcome - this is a fun, no pressure environment just to decompress and sing!

**The next session will be taking place on Wednesday 15 November.**

### 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

Samaritans:  
[jo@samaritans.org](mailto:jo@samaritans.org)  
116123 (freephone)

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