



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

SWANMORE SPEAKS

Hello everyone and welcome to our Spring one edition of Swanmore Speaks. We hope you are settling into the new year and so far enjoying 2024!

This edition is jam-packed with information on keeping you well balanced, rested and happy whilst our busy lives go ahead.

Please make a drink, sit back and read this, or use it as a resource to keep referring to. We would love to hear your feedback.

✉ wellbeing@swamore-sec.hants.sch.uk

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

Spring is coming

- *Buy yourself a £1 bunch of daffodils*
- *Have a "sort out" and recycle some old clothes*
- *Get outside for some fresh air*
- *Catch up with a friend or family member*
- *Take a break from work*



Week	Challenge	Action
12/02/24	Make pancakes	Shrove Tuesday is 13th February, make some pancakes- sweet or savoury and enjoy a tasty treat.
19/02/24	Back to school, but first...	Enjoy an extra day off (Inset day on Monday 19th February). What will you do on yours?
26/03/24	An extra day this year	This year is a leap year- a whole extra day to appreciate. How can you make 29th February memorable?
04/03/24	March on in March	Take a walk outdoors now the weather should be a little brighter and notice the days getting longer too. Check out our "get outside" page in this edition.
11/03/24	Bake something ahead of Easter	There are so many delicious and quick recipes on Instagram and TikTok, using seasonal treats OR maybe you gave up something for lent and will choose to cook something a little more healthy?
18/03/24	Time to turn the spotlight on you!	Awaken your zest for life. It is not too late to make a new year's resolution or start a new hobby. Mind map what you love doing or would love to try and take the leap.
25/03/24	A short week	Time to reflect, as we have almost completed two thirds of the school year. Every day this week, write down 3 things you are grateful for.

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

**READING
WELL**

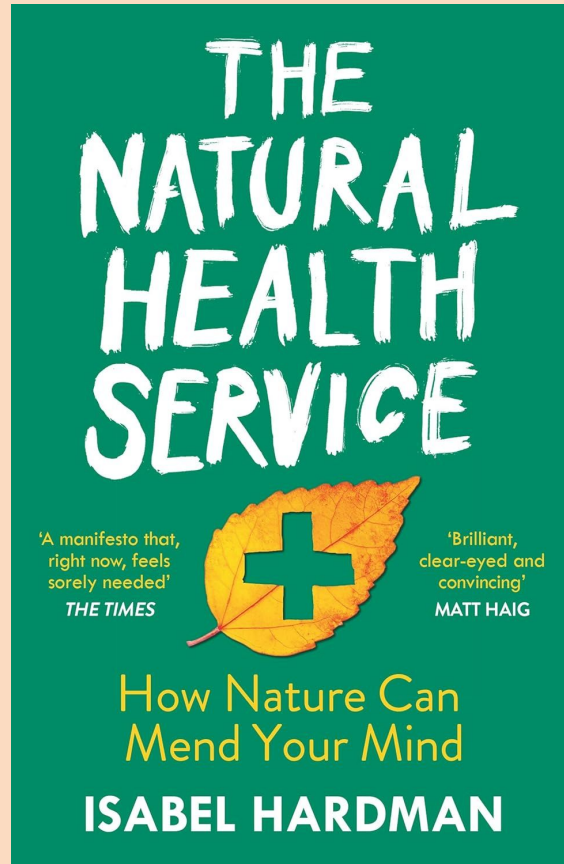


“Shelf Help”

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.

Book recommendation:



In the bold and insightful *The Natural Health Service*, Isabel Hardman advocates the enormous benefits of living life in the great outdoors and reveals how fresh air and activity has proved the perfect tonic for her battles with depression and anxiety.

In *The Natural Health Service*, she draws on her own personal experience, interviews with mental illness sufferers and psychologists, and the latest research to examine what wildlife and exercise can play in helping anyone cope with mental illness.

Straight-talking, thoroughly-researched, and compassionate, this important and often funny book will fascinate anyone touched by a mental health condition, whether themselves or through the experiences of a loved-one.



Podcast recommendation:



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

Latest podcasts:



Eat Whole Grains

Why choosing whole grains can help your heart, your microbiome and your blood sugar.



Drink Green Tea

Why green tea can boost your brain power, your mood and help your heart.



Do a Plank

How to plank your way to improve your posture, core strength and heart health.



Take Vitamin D

How vitamin D can boost your immune system and help your brain.

GET OUTSIDE, BE AT ONE WITH NATURE



Explore this 6.4-km loop trail near Romsey, Hampshire. Generally considered an easy route, it takes an average of 1 h 28 min to complete. This is a popular trail for hiking, running, and walking, but you can still enjoy some solitude during quieter times of day. The best times to visit this trail are January through February.

Canada Common

West Wellow, Romsey SO43 7JL



You might meet some
wildlife along your way

SWANMORE COLLEGE ANTI-BULLYING

In November, as a college, we participated in National Anti-Bullying Week. This year the theme was "MAKE A NOISE ABOUT BULLYING". Our Anti-Bullying Committee planned and led assemblies to all year groups during the week, reminding pupils of the different forms of bullying, and how to seek help if they experience bullying. All pupils were also given an information card to keep in their blazers with details of how to get help and support their peers. The video relating to the theme of Anti-Bullying Week can be viewed here: [Bing Videos](#)



During Anti-Bullying Week, we also participated in Odd Socks Day. This is again a national event which aims at celebrating differences. Congratulations to 7R2 for winning the Yr 7 Competition as the tutor group with the most pupils wearing odd socks.

The Committee have also enjoyed judging the annual Year 7 T-shirt competition. Each Year 7 Tutor Group was asked to decorate a super-sized T-shirt to celebrate the positive attributes of everyone in the group. The t-shirts created this year showed creativity, positivity and a real understanding of each other. Congratulations to 7R3 for producing the winning t-shirt.



Year 7 Anti-Bullying Forum

Our current Anti-Bullying Committee is formed from pupils in years 8-11. We have just invited applications from year 7 pupils to join our newly- formed Year 7 Anti-Bullying Forum. As we speak, we are considering the applications and will be inviting our successful applicants to their first meeting after half-term.

Reporting Bullying issues : any pupil, parent or member of staff can report a bullying concern using this email address : antibullying@swanmore-sec.hants.sch.uk

An information card titled "WHAT IS BULLYING?". It defines bullying as "Repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe." It lists three types of bullying: Verbal (hurtful words, offensive language, swearing, discriminatory language), Indirect (isolating someone, rumours, sharing someone's secrets, cyber-bullying, damaging/locking someone's property and physical intimidation), and Physical (hurting someone intentionally, kicking, punching, pinching, spitting, slapping). It asks if the reader is experiencing or witnessing any of these forms of behavior and states "If so - IT IS BULLYING". It provides a list of actions to report it to: Anti-Bullying Committee member (Ambassador), Any member of staff, Your "Go To" Adult, and Email antibullying@swanmore-sec.hants.sch.uk. At the bottom, it mentions "DIANA AWARD CRISIS MESSENGER" and shows a smartphone with the text "TEXT DA TO 85258 FOR 24/7 SUPPORT".



Anti-Bullying LGBTQ+ training



In late November, our Anti-Bullying Committee joined forces with members of SwanPride to be trained by The Diana Award. Our pupils participated in an online training event which looked at what bullying related to LGBTQ+ may look like, how it may affect pupils, how we can prevent this type of bullying and how we can support pupils who may experience it. Our pupils were incredibly knowledgeable and supportive of each other and represented the college impeccably while working with the trainer and pupils from the other schools involved. All pupils involved in the training wear a Diana Award Anti-Bullying LGBTQ+ badge. The Anti-Bullying Committee and SwanPride members are currently planning how to disseminate this information across the college.



Well done to all those who took part.

Swanpride



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/>

Updates

On 24th November 2023, some of our Swanpride members joined the Anti-bullying ambassadors for the HBT training (Homophobia Biphobia and Transphobia) which is part of the Diana Anti-bullying Award. An assembly to share what was learnt is currently being planned and something we can look forward to very soon.





Well Being Champions

Hello everyone! We are excited to let you know that we will be restarting the Wellbeing Champions group after February half term. The wellbeing champions met for the first time this year on Thursday 18th January. Our Year 9 Champions will be introducing themselves to Year 7 and 8, sharing with you details about what we do, and inviting interested Year 7 and 8s to join us! Please watch out for more information in tutor time. If you are interested, you will be part of a welcoming, supportive group, will get training to help you in your new role, and of course will get a lovely badge to let other pupils know you are part of our team.

We are excited to get to know lots more of you very soon. From Mrs Barker, Mrs Egerton, and the current Year 9 Wellbeing Champions!

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.

What Children & Young People Need to Know about

FREE VS HATE SPEECH

Safeguarding at Swanmore

Everyone in the UK has the right of “freedom of expression”. That’s the right to voice your opinions and share information and ideas with others. It’s not the right to say whatever you want without regard for others’ feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That’s called ‘hate speech’ and knowing the difference is incredibly important.

Free speech is a person’s legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here’s what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It’s important to respect someone’s opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.



SAFEGUARDING
AT SWANMORE



For more information on “free speech VS hate speech”, find the rest of this leaflet and article on the National College website.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.



TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?



GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.



BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.



'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.



SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.



While limiting our screen time may require a great deal of restraint, the effort can be rewarded with significant benefits to our physical and mental health. Our #WakeUpWednesday guide has simple tips for helping to manage the amount of screen time in your household – encouraging the whole family to spend more quality time together and live in the moment.

For more information on managing screen time, find the rest of this leaflet and article on the National College website.

Swanmore Young Interpreters

We have 16 young interpreters at Swanmore across Year 7 and Year 8 . They have all completed their four training sessions to be accredited.

We meet every Thursday at lunch time and are currently preparing a whole-school assembly.

We have 75 EAL pupils at Swanmore and will be inviting all EAL pupils to join us on Thursdays should they want to.

We're hoping to launch another training session before the summer term.

The scheme supports parents, pupils and teachers with new pupils starting at Swanmore.



Here are some of the young interpreters with Mr Jonathan and Mrs Benton after their training was complete.



Swanmore Young Carers

By definition, a Young Carer is someone under the age of 18 who looks after a family member or friend who has a physical or mental health condition, or misuses drugs or alcohol. They may also look after brothers, sisters or elderly relatives too.

We have a whole school commitment to Young Carers at Swanmore. All teaching staff are trained in how to help/support Young Carers in their lesson and who to tell if they think a pupil is a Young Carer.

In school, Miss Primmer and Miss Davies run a Young Carers' group every Friday during tutor time. They have pupils from across all year groups coming to us for help and support.

Pupils - If you believe you are a Young Carer, please come to the Pupil Centre and speak to Miss Primmer or Miss Davies.

Parents/carers - If you believe your child is a Young Carer, please email the enquiries address enquiries@swanmore-sec.hants.sch.uk for the attention of Miss Primmer and Miss Davies and we will be more than happy to get in contact with you.

Please visit the wellbeing section on the Swanmore College website where you will find further support for Young Carers.

We have had more pupils join us in last term which is really good. If you are a young carer you are very welcome too.



**Join us on a
Friday morning,
for free breakfast
and a chat!**



We are providing access to
free period products

Take what you need,
when you need it from:

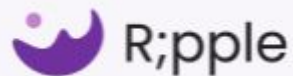
- » Miss Smith (Welfare)
- » Mrs Deller (R Block)
- » Year Teams
- » Pupil Reception

#periodpositive
#periodequality

Creating period
equality **For all.**

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

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/>



Wellbeing Walk-in

NEW!

A **FREE** youth mental health drop-in service for 11-25yr olds

Wednesdays 4-5pm

31st Jan & 7th Feb initially



The Southdowns Social,
3-4 Kings Walk, Winchester SO23 8AF



01962 820 444

winchyc.org

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>