SWANMORE Speaks

SWANMORE WELLBEING



Hello everyone and welcome to our Spring two edition of Swanmore Speaks. Longer, lighter days are coming and with the clocks springing forward on Sunday 31st March we hope you'll be able to get outside and enjoy some spring air. How has your school spring term been? Are you ready for the Easter break? We are sure you will be and we have some fantastic ideas to keep you balanced and busy during the two weeks off, and then reset, refresh and be ready for the next half term ahead. Enjoy!

✉ wellbeing@swamore-sec.hants.sch.uk

P.S. We also have lots of amazing resources on our website - Wellbeing - Swanmore College



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 CHALLENGE CALENDAR

Week	Challenge	Action
01/04/24	Easter Monday	Time to indulge, enjoy time with loved ones and eat treats
08/04/24	Enjoy being bored	See page 4 for more detail on how to be bored, slow down and enjoy
15/04/24	Back to school	One term to go. Write down some goals what do you want to achieve in the summer term?
22/04/24	Appreciate	List 3 things you value today, see page 6 for inspiration
29/04/24	Bake/ make	Can you be creative this week- in the kitchen or something crafty?
06/05/24	May day	What will you do on your day off? Maybe get outdoors, see page 5 for walking trail ideas
13/05/24	Time to focus	Year 11s began their exams last week, if this is you focus in now- they'll fly by. If this doesn't affect you directly, use it to motivate you and revisit some of your previous learning- you might surprise yourself with what you can recall.
20/05/24	Start planning	You have half term next week, and a long summer break not too far away- what would you like to do in this time?

WELLNESS CHALLENGE CALENDAR

Reading Well (reading-well.org.uk)

READING WELL

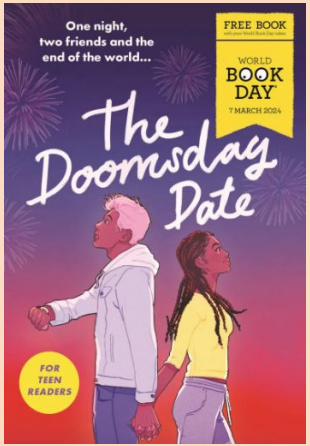
FIND SHELF HELP IN YOUR LOCAL LIBRARY

"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:

The Doomsday Date

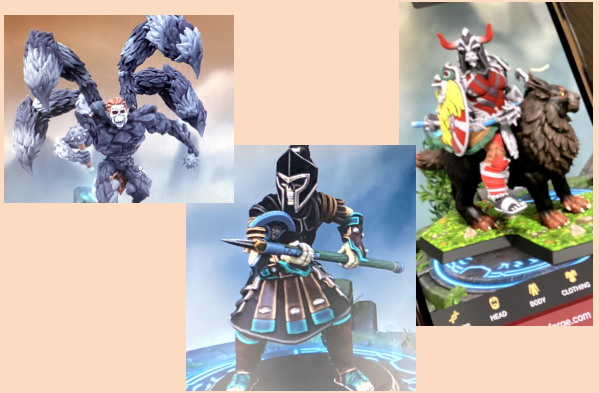


An exclusive new World Book Day story from the bestselling author of ACE OF SPADES, Faridah Àbíké-Íyímídé. The hilarious, heart-soaring story of one night, two friends and a list that will change everything, perfect for teen readers.

On the day before the world is meant to end, Sanjeet dyes his hair pink... He's determined not to die without ever having really lived, so he's come up with the Doomsday List.

Ten things he needs to do before the sky comes crashing down…

Celebrating Swanmore's Enrichment programme



Here are some photos of the Greek monsters that the students made on 'Hero Forge' in Classical Civilisation.



We hope you enjoyed World Book Day

Swanmore loved celebrating World Book Day and here are some of the fantastic things that took place on Thursday 7th March 2024:-

Humanities came dressed as Harry Potter characters; the English department came as characters from Animal Farm; and lots of other staff members dressed up or wore a t-shirt decorated as their favourite book. S Block was decorated to match the Harry Potter theme; the S Block corridor had footsteps from the Marauder's Map. Doors were decorated as the teacher characters, S18 became the platform to 9 3/4, the Fat Lady guarded the Staff Room, houses were changed to match Hogwarts and even Moaning Myrtle made an appearance in the toilet! There was a tutor t-shirt competition. All tutor groups were been given a printed t-shirt layout to design. The winning tutor group from each year will create their t-shirt and have it displayed in A Block. Pupils took part in a quiz consisting of pictures of staff hiding behind books. World Book Day book tokens were handed to all pupils. Pupils from the For the Love of Reading enrichment group created slides for book recommendations. These were shared in assembly and in their English lessons, along with other book recommendations from the School Library Service.









Listen on Apple Podcasts

Spotify

Podcast recommendation:

Feel better live more





Latest podcasts:

#434 Why Running Isn't Bad For Your Knees, How To Exercise Without Pain & Move Faster (Without Even Trying!) with Helen Hall

#431 BITESIZE | How To Achieve Your Most Ambitious Goals in 2024 | Eliud Kipchoge

#429 BITESIZE | How Exercise Changes Your Brain and Reduces Your Risk of Depression | Dr Anders Hansen

Revisiting something we talked about in previous editions…

Boredom.

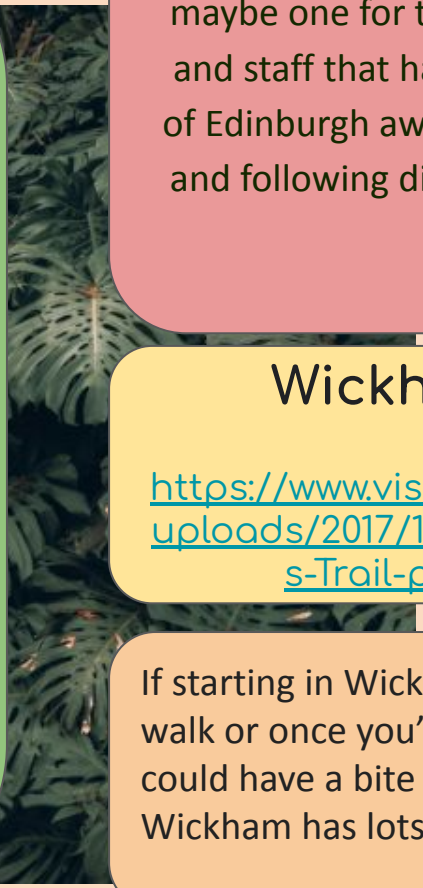
Being bored can be quite exciting. *When do you ever feel bored?* In our increasingly busy lives, how wonderful would it be to feel bored? We should embrace these moments. Enjoy the pause. There is a practice called Nordic Hygge (Hoo-ga) which celebrates taking the time for a cup of tea, biscuit, talk with a friend, snuggled time on the sofa etc. Hygge is a Danish word that describes a feeling of cosiness, contentment, and well-being.

We definitely need a healthier view on boredom!

Get Outside, Be At One With Nature

Wickham is a little paradise for those who enjoy getting out and about as it is surrounded by some of the most beautiful countryside in Hampshire. There are many walking, cycling and riding trails that will take you through woods, fields and water meadows. So why not have a stroll around the Meon Valley and see what you discover?

- A highlight is the **West Walk** in the Forest of Bere. West Walk is an ideal wood for a complete day out for all the family with walking trails, cycling and picnic spots.
- The **Meon Valley Trail** is a favourite to walk or cycle for many. A 10 mile trail starts in Wickham and runs up to West Meon along the disused railway track which provides a safe and flat surface for all the family. Here it connects with the South Downs Way and Wayfarers' Walk, enabling you to create an extended circular route.
- Meon Valley Churches Trail explores churches along the Meon Valley including that of St Nicholas in Wickham.
- **Wickham Wander** is a 5.27 mile walk beginning in Wickham square and takes you along the disused railway line and working back along to the square via part of Pilgrims' trail and past the Forest of Bere. Discover the full trail in the Meon Valley Churches Trail above.



Something a little different this edition; maybe one for the pupils, parents/ carers and staff that have completed their Duke of Edinburgh award or if you like exploring and following directions then give it a go!

Wickham Wander

https://www.visitwinchester.co.uk/app/uploads/2017/10/Meon-Valley-Churches-Trail-print-friendly.pdf

If starting in Wickham, grab a coffee for the walk or once you've completed the walk you could have a bite to eat in the square. Wickham has lots of lovely eateries to offer.

Take some time to pause and reflect.
What are you grateful for today?
Try this simple activity, list 3 things you value today…



Today's Best Bits

What I value most about today

1 .....

2 .....

3 .....

Celebrating Swanmore's Enrichment programme

Dance Live!

Swanmore College competed in the first heats of the competition on Wednesday 7th February at Portsmouth Guildhall with a dance piece based around the story of The Mask. The team of year 7, 8, 9 and 10 performers and teach team came second place, against 8 other competitors (some including sixth form colleges) and also came away with awards for "video journey" and "soundtrack". They have been busy rehearsing and polishing the 7 minute number in order to attend the finals, again at Portsmouth Guildhall, on Wednesday 24th April. Mr Coleman, Miss Primmer, Mrs Bailey, Miss Smith, Mrs Barnes and Mr Fitzgerald are all extremely excited and proud.



Easter Nests - makes 10-12 - as made by Year 7 and 9!

Method

1. Fill the saucepan a third of the way with cold water
2. Turn on the hob. Select which ring you're going to use and set to a high temperature.
3. Place saucepan of water onto the correct ring on the hob.
4. Allow the water to heat up to a slow simmer. The water should start to have small bubbles forming.
5. Break up the chocolate and add to glass bowl. Place bowl onto saucepan of water.
6. Add 1 tbs of golden syrup to the chocolate.
7. Stir the chocolate regularly until it has melted.
8. Take the bowl off of the heat and place on a cool part of the hob. Make sure to use oven gloves
9. Turn off the hob
10. Add the cereal and 10g of marshmallows to the chocolate and stir it altogether
11. Spoon the mixture into the cases using a tablespoon. You may need to use a teaspoon to push the mixture off of the spoon
12. Add decoration to the top
13. Leave the crispy cakes to cool down and harden

75g corn flakes or rice crispies or shredded wheat
10g marshmallows
1 tbs golden syrup
100g chocolate

Decorate with:
Mini Eggs/
Smarties/
Bunnies/
Chicks



https://whatjessicabakednext.com/2016/03/09/easter-chocolate-nest-cakes

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/

SWANMORE COLLEGE

ANTI-BULLYING

Our newly formed Year 7 Anti-Bullying Forum is now up and running. The Forum meets fortnightly at tutor time in The Pupil Centre. Year 8 from the Anti-Bullying Committee are leading and supporting the Forum members. Our first few meetings have been spent training the pupils in the different types of bullying and considering different scenarios and how we can provide appropriate support in these situations.
Welcome to the Year 7 Anti-Bullying Forum to the following pupils:

Toby M
Grace B
Teagan A
James D
Hatty J
Evie C
Verity C
Tylor G
Megan H

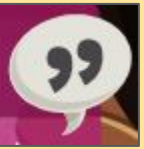
SWANMORE COLLEGE
Anti-Bullying



Top Tips for Supporting Children Who Are

EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES
2. THINK THINGS THROUGH
3. BE OPEN AND UNDERSTANDING 
4. LET THEM SPEAK FREELY 
5. CALL A TIME OUT 
6. STAY INFORMED
7. PREP YOUR CHILD FOR THE RESPONSE
8. SUMMARISE YOUR CHILD'S EXPERIENCE
9. LIAISE WITH THE SCHOOL 
10. CHECK IN FREQUENTLY 

Safeguarding at Swanmore

SAFEGUARDING AT SWANMORE

For more information check out the National college website or:

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Well Being Champions

We are in the process of creating a new Wellbeing Champions Group within our school. This group will be made up of pupils from Year 7, 8 and 9 for the rest of this academic year, with the hope to further extend next year. Members of the group will be working together to identify what sort of support they can help provide to promote positive pupil wellbeing around the school. The Wellbeing Champions role is not a replacement for existing support but an addition to the way we work in school. Teacher and other professional support will continue. It is a way of creating a positive ethos within our school in which pupils are helped to support and think of others.

The Wellbeing Champions will be supervised and supported in helping others by Mrs Egerton and Mrs Barker. They will all receive training at the start of their role, with ongoing training coordinated as needs arise. The Champions will provide updates about their work and training in the Swanmore Wellbeing Newsletter and on the Wellbeing notice board in school. In addition to the pride that our Wellbeing Champions experience in knowing that they are helping others, they will also develop their own personal skills to support their own wellbeing, communication, and problem-solving skills.

To help develop this role, the current Year 9 Senior Wellbeing Champions have shared information in tutor time. Pupils who are interested in joining the Wellbeing Champions will need to speak to their tutor. There will then be a meeting for all those interested to meet with the team. We hope that you will support your child in taking part in this new venture if they choose to do so.

SWANMORE WELLBEING

WAS promoting emotional wellbeing and positive mental health

On Monday February 5th we took part in the annual RSPB ‘Big School’s Birdwatch’.

In the preceding weeks we checked our existing bird feeders were fully functioning and stocked up with food. All the feeders have been made by upcycling waste plastic bottles from school and home.

Most of our feeders are located in the natural border behind R block, which has become quite a bird haven. We tried a few different designs and found the bigger bottles worked best. In a way this was unfortunate as we hoped to do something productive with all the small ‘Radnor’ bottles that are consumed and thrown away in such big numbers at school. We are hatching another plan to hopefully improve the recycling, but that will be a future story.

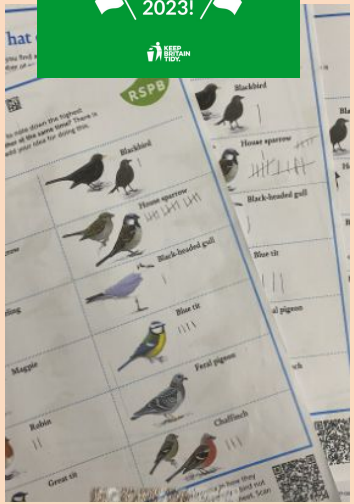
We set ourselves up in R02, the art room that faces onto the perimeter trees and started the count. Most popular were the House sparrows, but we were thrilled to also spot a number of other birds such as Blue tits, Chaffinches, Robins, Blackbirds and Wood pigeons.

We’ve sent off our results to the RSPB and are considering what to focus our gy on next. A bug hotel is at planning stage!

Miss Massey & the Eco Champions







ECO-CHAMPIONS
SWANMORE COLLEGE

Swanmore Young Carers

Miss Primmer and Miss Davies run the Young Carers' group every Friday during tutor time. Pupils from across all year groups are welcome.

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.

YOUNG CARERS FESTIVAL

Every summer, YMCA Fairthorne Manor hosts the largest festival in the world for young people with a caring responsibility at home.

Run in partnership with The Children's Society, the unmissable weekend gives young carers the chance to have fun, unwind, make new friends, try new things, and have their voices heard to influence political change. Event highlights include, fireworks opening night, fairground rides, inflatables, live music, outdoor activities! The next event is on **28th June to 30th June 2024.**



Join us on a

Friday morning,

for a free breakfast

and a chat!



R;pple

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
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